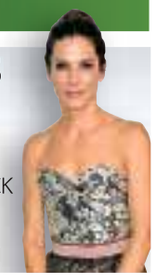
WINNIPEG metro®
NEWS WORTH SHARING.

NCI 105.5 FM RADIO BINGO
$234,901
MINI LOONIE POT BINGO
10 AM SATURDAY, MARCH 1ST
VISIT WWW.NCIFM.COM TO PLAY ALONG
Cards available at all Safeway locations excluding Tuxedo
LICENSE: #625BI

HOT WATER TANK
40/60 gal. Electric or 40 gal. Gas
$699* INSTALLED!
It's Time To Call... 204-774-1474
This price only available Monday to Friday between 8am-4pm. After 4pm or on weekends will be subject to a $250 up charge. Any size upgrade or utility change will require additional cost. If existing wiring, gas fittings or venting is not to code or needs repair, this will be an additional cost. *Plus applicable taxes. Hot water tank may not be exactly as shown. Some conditions apply.
ONTIME Electric · Plumbing · Heat & Air
REPLACE YOUR HOT WATER TANK TODAY AND SAVE!
635 Ferry Rd. www.ontimegroup.ca BBB

WINNER GETS TO LOSE THE FAKE SMILE

BLANCHETT VS. BULLOCK JUST ONE SHOWDOWN TAKING PLACE SUNDAY ON OSCAR NIGHT PAGE 22



REACH FOR THE STARS

Canadian Space Agency astronaut Jeremy Hansen shows Sisler High School students his "class photo" upon completing his space training. Hansen was in Winnipeg to share his story of hard work paying off with students, including from schools in northern Manitoba, who connected via video conference to listen to Hansen. See story, page 7. BERNICE PONTANILLA/METRO

Vince Li granted unescorted trips from hospital

Review Board. Mother of victim Tim McLean expresses outrage over new freedoms given to her son's killer

Quoted

"I ultimately do not believe that when you take a life, you have the right to freedom any longer."

Carol DeDelley, mother of victim Tim McLean, who says she is 'disappointed, embarrassed, ashamed' about the unsupervised trips granted to her son's killer.

A man who beheaded a fellow passenger on a Greyhound bus in Manitoba will soon be allowed to leave a mental hospital without an escort.

Thursday's ruling by the Criminal Code Review Board means Vince Li will be on his own in public for the first time since he stabbed Tim McLean, a carnival worker, and then ate parts of his body six years ago.

The board granted Li all the new freedoms his psychiatric team had requested at a hearing earlier this week. Lead psychiatrist Dr. Steven Kremer said Li, a schizophrenic, has stopped experiencing delusions and is a non-violent patient.

Instead of the supervised outings Li had previously, he will be allowed unescorted trips from the Selkirk Mental Health Centre into the nearby city of Selkirk. The visits, to begin next Thursday, are to start at 30 minutes and increase to full days.

As well, Li's supervision on outings to other communities — including Winnipeg — will be relaxed. He is to be part of a group without a staff member dedicated to monitoring him.

Li is also to be moved to an unlocked ward at the hospital from the secure wing where he has been kept.

For McLean's mother, the changes were an outrage.

"We're not surprised. We're very disappointed, embarrassed, ashamed," Carol DeDelley said.

Li, 46, was found not criminally responsible for killing McLean in July 2008. He was initially kept inside a locked wing of the Selkirk mental hospital for 24 hours a day. Each year the review board has granted him more freedoms. Li's psychiatric team has said the ultimate goal is to reintegrate him into society. THE CANADIAN PRESS

insightrecovery
Complete Counselling Services for Individuals and Families.
intervention • counselling • therapy
Unit 3 – 1830 Dublin Ave.
Hours: M-F: 8am to 5pm
Evenings/weekends available upon request
your journey begins here.
Complete Counselling Services for Individuals or Families.
Out-patient addiction recovery that doesn't require living away from home and allows individuals to maintain family connections and routines. Our services include: anger management, family and marriage counselling, addictions (gambling, drug, alcohol, etc).
Call today for a Free, Private, One on One Consultation (20 minute duration – no obligation). | PH: 204-694-3960 • E: info@insightrecovery.ca

ENTREPRENEUR? READY TO INVEST? WHY DOWNTOWN? SEE WHAT'S HAPPENING DOWNTOWN! PAGE 11

This **Friday, February 28th • Saturday, March 1st**

Customer Appreciation Days at

Nutrition plus organic MARKET

10% OFF our HUGE selection of vitamins, minerals and herbal supplements. Including all health, beauty and wellness products!

Plus over 200 sale items!

Green Coffee Bean Extract 400mg. 90 capsules

SALE **$29.99**

Wild Pacific Salmon Oil 1300mg. 180 plus 30 free

SALE **$13.99**

Sierrasil 180 capsules

SALE **$49.99**

4Symon Super Mix 400 plus 200 tablets free

SALE **$31.99**

Wholy Tea 8 pack

SALE **$29.99**

Carlson Fish Oil 500ml. 2 flavours

SALE **$37.99**

5% OFF **All food items!**

Including: organic produce • organic dairy • gluten-free vegan • dairy-free foods • natural grass-fed meats nitrate-free meats • nuts, seeds and grains • organic bulk bin

10% OFF **All Proteins and Sports Supplements!**

whey • isolates • caseins • plant-based • raw hemp • rice • pea • pre & post workouts recovery endurance • fat burners

Lowest Prices in the City!

2093 Pembina Hwy.

204.269.5954

nutritionplus.com

Store Hours: Friday 10am - 8pm • Saturday 10am. - 6pm

We'll Deliver the Savings to Your Door! We Offer Citywide Delivery! Email Us at nutritionplus@shaw.ca

Trends report paints rosy picture for downtown core

Grand resurgence.
BIZ executive director especially enthused by healthy housing boom

SHANE GIBSON
shane.gibson@metronews.ca

Downtown Winnipeg is smack dab in the middle of a period of unprecedented growth and renewal, according to a report released Thursday by the Downtown Winnipeg BIZ.

The 2014 Downtown Trends Report, a market research tool released by the BIZ every few years, shows efforts to revitalize the city's core are picking up steam.

"Part of what we've been able to pull out of the equation is that the pace of development is quickening," said BIZ executive director Stefano Grande, pointing to statistics in the report that show the number of projects undertaken in the city centre rose to 62 between 2010 and 2013 from the 49 seen from 2005 to 2009.

Grande said he's even more encouraged by the fact the bulk of the increase in construction reported over the last three years has come in the form of new housing.

"Since 2005 there's been 1,800 units of housing built, and there's just under 900 units being proposed," he said. "So we're staring to see the housing rebirth in our downtown coming on faster."

The report also shows that just shy of 16,000 people now call downtown home, up from the 13,000 reported in 2007, and the number of students flooding the area every day for school is up 8,000 to 24,260.

The full report can be found online at downtownwinnipegtrends.com.

Jets' big draw

400,000

The report shows the Jets' return has doubled the number of people who come to the MTS Centre each year — the Manitoba Moose would pull in about 200,000

Downtown Winnipeg BIZ executive director Stefano Grande holds up a copy of the 2014 Downtown Trends report at the BIZ offices Thursday. SHANE GIBSON/METRO

BIZ tries to open new chapter for at-risk youth

Downtown Winnipeg BIZ's manager of safety and development Rick Joyal. SHANE GIBSON/METRO

Recent arrests in and around the Millennium Library — and an uptick in reported gang activity — has police boosting their presence in the area, but the Downtown Winnipeg BIZ's security wing hopes to get to the root of the problem by simply giving at-risk youth something better to do with their time.

Two teenage girls were arrested earlier this month for assaulting security at the city's biggest library, and just last week a 51-year-old man was charged with peddling pot and assault for allegedly attacking staff who asked him to leave.

"Wherever kids go ... the predators will be there too trying to ply their trade," said Rick Joyal, a 25-year veteran of the Winnipeg Police Service who now heads up the BIZ's security.

"We'd rather get there first and give the kids a positive job."

In that effort the BIZ recently gave a chunk of the money raised through their CEO Sleepout to Graffiti Arts Programming's Studio 393 to hire at-risk youth to mentor others.

"Kids will migrate towards their passion," explained Joyal.

"So if we can provide a venue that will tap into that, that's what we want to do."

SHANE GIBSON/METRO

Royal Fork Buffet
$2.00 OFF
Bring a non perishable food item to receive $2 OFF an Adult or Senior meal.
In Support of Winnipeg Harvest
ORIENTAL PEARL
Book Your Family Gathering With Us
10% OFF
for party of 20 or more. No separate billing
Not valid with any other specials or discount offers. No cash value.
(204) 668-1960 Unit 900-1615 Regent Ave. W | www.royalforkwinnipeg.com

Smile-ier than the average polar bear

Churchill. Northern Manitoba's most recognizable mammal poses for Google Street View cameras

Google Maps users can now virtually trek across the frozen tundra outside Churchill and spy on the local residents, who weren't shy about posing for the cameras.

Google visited Churchill with the assistance of the non-profit Polar Bears International to capture images of the majestic animals and their habitat for its Street View feature.

"Churchill is a unique place because you have polar bears that come off the ice when it breaks up in midsummer and they wait on land until it freezes up again in the fall. And so you have an opportunity to actually see bears in the wild due to this migration," says Polar Bears International executive director Krista Wright.

Her favourite scene captured by Google's cameras is of two male polar bears sparring.

"You get a sense of how these animals interact with one another and you also have the opportunity to see their size and the power," Wright says.

Wright says the footage recorded by Google will also be used by researchers to track the effects of climate change in the region.

"It's one of the most southern (polar bear) populations — that and the southern Hudson Bay — and because of that we're seeing climate change impact that population due to this ice-free period of time," she says. "The breakup is happening earlier in the midsummer ... and essentially the less time bears spend on the ice the less time they have for feeding primarily."

Wright says the Google Maps project creates a baseline that is critical for understanding and communicating the impact of climate change on polar bear habitats.

THE CANADIAN PRESS

Treat on International Polar Bear Day

Storm the polar bear takes some time to chow down on one of the meatsicles given to all the bears at the Assiniboine Park Zoo on Thursday in honour of International Polar Bear Day. COURTESY OF ASSINIBOINE PARK ZOO

Kevin Freedman SHANE GIBSON/METRO

Cutting H20 intake to promote water stewardship

If Kevin Freedman looks parched anytime through March, don't bother offering him a glass of water, he'll politely turn it down.

That's because starting March 1 the 33-year-old Winnipegger has vowed to use no more than 25 litres of water a day for a full month to promote water conservation.

"The average Canadian, according to Environment Canada, uses about 330 litres of water per day, so I'll be taking in about seven or eight per cent of that," said Freedman, who will only use water from a large pre-measured jug he'll fill every morning. "It's quite a challenge."

The changes to Freedman's daily routine include sponge bathes in lieu of showers, washing his clothes by hand, and not drinking anything other than the water he sets aside.

Luckily Freedman is no stranger to the idea — this will be the sixth year in a row he's taken on the challenge — and he said he's never had any problems keeping to the life-changing promise.

Online

For more information about the Water Conservation Challenge go to howlowflowcanyougo.com.

"It's made me more aware," he said. "Through the rest of the year I remember that if I run a faucet for just three minutes, that's all the water I'd have had for an entire day during the challenge."

SHANE GIBSON/METRO

Value Auto Center
Sales, Service & Leasing
Financing for All Levels of Credit!
CarProof VEHICLE HISTORY REPORTS
204-943-8843 • valueautocenter.ca • Corner of Nairn & Watt
Why shop anywhere else, when 'Value' is our first name
2006 Chevy Monte Carlo LT $7,795 Mint Condition
2011 Chevy Aveo LT $9,995 38,000 Km's
2005 Mazda 3 Sport $7,995 Low Km's
2005 Nissan XTrail $9,995 AWD, Fully Loaded

MARCH BRICKBREAK

20% OFF*

LEGO® Movie, City, LEGO® Star Wars®, LEGO® Super Heroes™, LEGO® DUPLO® and other select LEGO® items

ONLY AT

Indigo | **Chapters** | **indigo.ca**

For more ideas, deals and events visit us in-store and online at Indigo.ca/Lego

/chaptersindigo

*Instore and Online: 20% off LEGO Movie & LEGO Super Heroes valid February 28 - March 16, 2014. Instore and Online: 20% off City, LEGO Star Wars, Duplo, Chima and Minifigures valid February 28 – March 31, 2014. IN-STORE ONLY: 20% off select LEGO Kids books valid February 28 - March 31, 2014. Offer excludes LEGO Friends, Mindstorms and any LEGO theme set not listed. Offers valid while quantities last. No rainchecks. Prices and selection may vary between stores and online. Visit your local store or go online to see LEGO set being featured. INDIGOKIDS, INDIGO, CHAPTERS, INDIGO.CA are trade marks of Indigo Books & Music Inc. LEGO and DUPLO are registered trade marks of LEGO Jurivs A/S. STARS WARS is a registered trade mark of Luscasfilm Entertainment Company Ltd. LLC

5th ANNUAL
ROBERTSON COLLEGE BIGGEST EVER CAREER FAIR

MARCH 6
12-2:30PM
The Marlborough Hotel
331 Smith Street
Skyview Ballroom
Call 204.943.5661 or visit
www.robertsoncollege.com
/careerfair
ROBERTSON COLLEGE

Crown corp. responds

Canada Post to keep on with community boxes despite council concern

Despite a resolution from Winnipeg's city council asking Canada Post to hold off on installing community mailboxes, the Crown corporation says they have no plans to slow the transition.

"Canada Post is aware that some municipal leaders have expressed concern about the move from door-to-door mail delivery to community mailboxes for the one-third of Canadians that still receive this service," reads a statement from Canada Post, released Thursday.

"The reality is delivering mail to the door costs twice as much as delivering to a community mailbox," and Canada Post must avoid "becoming a drain on taxpayers."

City council passed a resolution in Wednesday's council meeting asking for a delay before installing boxes in North Winnipeg neighbourhoods so questions from councillors about where boxes will be put and who will handle snow removal could be addressed.

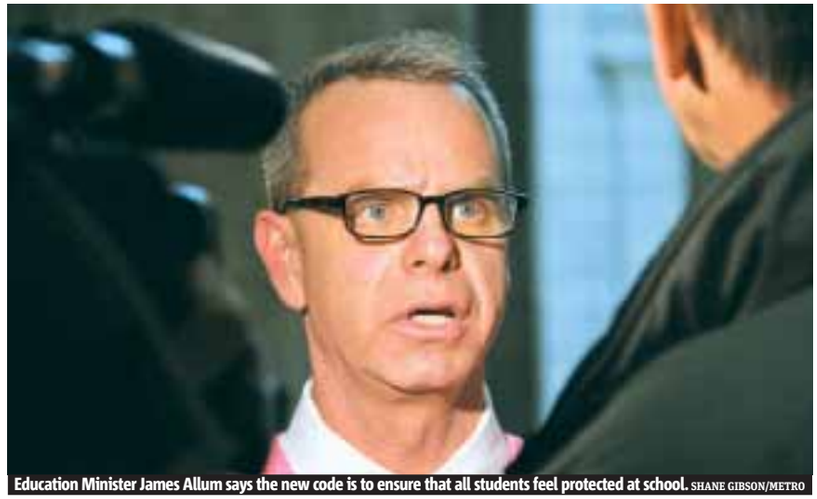
However, Canada Post says answers to those questions can be found in their guiding principles document they released last month.

"Residents will be consulted on their preference through numerous means prior to the installation of the boxes, special attention will be paid to those with mobility issues and the dense urban cores that may present the most challenges will be converted later in the five-year rollout," says the Canada Post statement.

"We will also continue to work with municipal officials to find the best locations, just as we have since community mailboxes were first introduced 30 years ago."

Canada Post announced last week they will be rolling out the changes to several North Winnipeg neighbourhoods this year, as they are already adjacent to neighbourhoods that have community mailboxes.

ELISHA DACEY/METRO WITH FILES FROM BERNICE PONTANILLA


Education Minister James Allum says the new code is to ensure that all students feel protected at school. SHANE GIBSON/METRO

Discussion over punishment

Anti-bullying strategy. New Manitoba school code of conduct pushes 'positive and proactive strategies'

The Manitoba government has revealed its long-awaited code of conduct for schools as part of an anti-bullying strategy announced over a year ago.

But the document released Wednesday stops short of imposing specific penalties for offences. Principals and other school officials will continue to have the discretion to decide what, if any, punishment should be handed down.

"Those people on the ground — who can use professional discretion, who know the kids involved, who know the context — need to be able to have the authority and the responsibility to make those appropriate disciplinary decisions," said David Yeo, the province's director of education administration services.

The 18-page code outlines many existing policies, including a definition of bullying developed by the province in 2012 that was criticized by some as being too vague. The definition includes hurting a student's feelings.

The Opposition Progressive Conservatives have said the vague wording could make a "bully" out of a teacher who fails a student or a coach who cuts a student from a school team.

What's new in the code are 15 defined interventions or punishments principals can enact. Until now, those measures have varied between school divisions.

The measures range from informal discussion to detention to expulsion. The code says the aim is to "emphasize positive and proactive strategies that foster student learning, as opposed to punitive and reactive strategies."

The code does not toughen the existing law governing when parents are alerted. It says parents of a bullied child need only be notified if the child is harmed.

Education Minister James Allum said the new code is aimed at ensuring students in all school divisions feel protected.

"What we've done is try to make a statement that, provincewide, bullying is unacceptable in our schools and we need to prevent it." THE CANADIAN PRESS

$250K. New toboggan slides, warming shelter coming to St. Vital Park

A city councillor is aiming for more Olympic gold medals with the installation of new toboggan slides and a warming shelter at St. Vital Park.

Coun. Brian Mayes, along with Mayor Sam Katz and Jobs and Economy Minister Theresa Oswald, unveiled plans for the $250,000 improvements during a press conference at the Norberry Glenlee Community Centre on Thursday.

"After the Winter Olympics concluded, the mayor said to me ... St. Vital obviously took care of the hockey with Jonathan Toews, took care of the curling with Jennifer Jones, but we didn't get any medals in luge — what could we do in St. Vital about that?" joked a smiling Mayes, adding that he and Oswald have been working on the plan for toboggan improvements for years.

Coun. Brian Mayes unveils the plans on Thursday. BERNICE PONTANILLA/METRO

Oswald said while she no longer toboggans there like she did as a child, she's happy in the knowledge that many area families will benefit from the outdoor activity.

The two new toboggan slides will each be at different heights and the shelter will include pivoting doors and a viewing deck. In the warmer months, the shelter will be able to be used for picnics.

BERNICE PONTANILLA/METRO

Astronaut touches down in Winnipeg

Sisler High School.
Jeremy Hansen details his journey from Cadet to Air Force to space

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Students in Winnipeg and northern Manitoba were treated to a view normally reserved for those out of this world on Thursday.

Jeremy Hansen of the Canadian Space Agency visited Sisler High School to share his journey to becoming an astronaut.

Sisler students weren't the only ones to hear Hansen's message of hard work and dedication, as several classrooms of northern Manitoba schools were included via video conference.

Jeremy Hansen of the Canadian Space Agency
BERNICE PONTANILLA/METRO

"When you leave our planet and you look back upon it, you obtain a different vantage point, a different perspective, an appreciation for what we have here, it's a little hard to realize, sometimes, on a cold winter's morning in Winnipeg or in Manitoba, and you're like, 'Wow, this place is harsh,'" said Hansen, who said he joined air cadets when he was 12 years old and became a major with the Royal Canadian Air Force.

"But when you leave it and look back upon it, you realize, well, this is a gem in the solar system, in the universe, an oasis, where it's the only place that we right now have the technology to survive, the only planet we can survive on right now. That's a really important perspective we've gained from going to space."

Hansen also shared with students some of the experiences well-known Canadian astronaut Chris Hadfield had while on the International Space Station last year.

Busted water main floods city street

Water spills onto an East Kildonan street following a water main break in early February. The city has dealt with nearly 200 water main breaks since December, making for a "very trying" time for both residents and those working to fix the problems, said Mayor Sam Katz. He added that the city doesn't only replace water mains when they break, officials in the water and waste department also identify old or weak pipes that need replacing — work that gets done during the rest of the year. BERNICE PONTANILLA/METRO

Dispensing costs

Pharmacies could soon disclose fees

Manitoba is looking at becoming one of the first provinces in Canada to force pharmacies to disclose how much people have to pay to get their prescriptions filled.

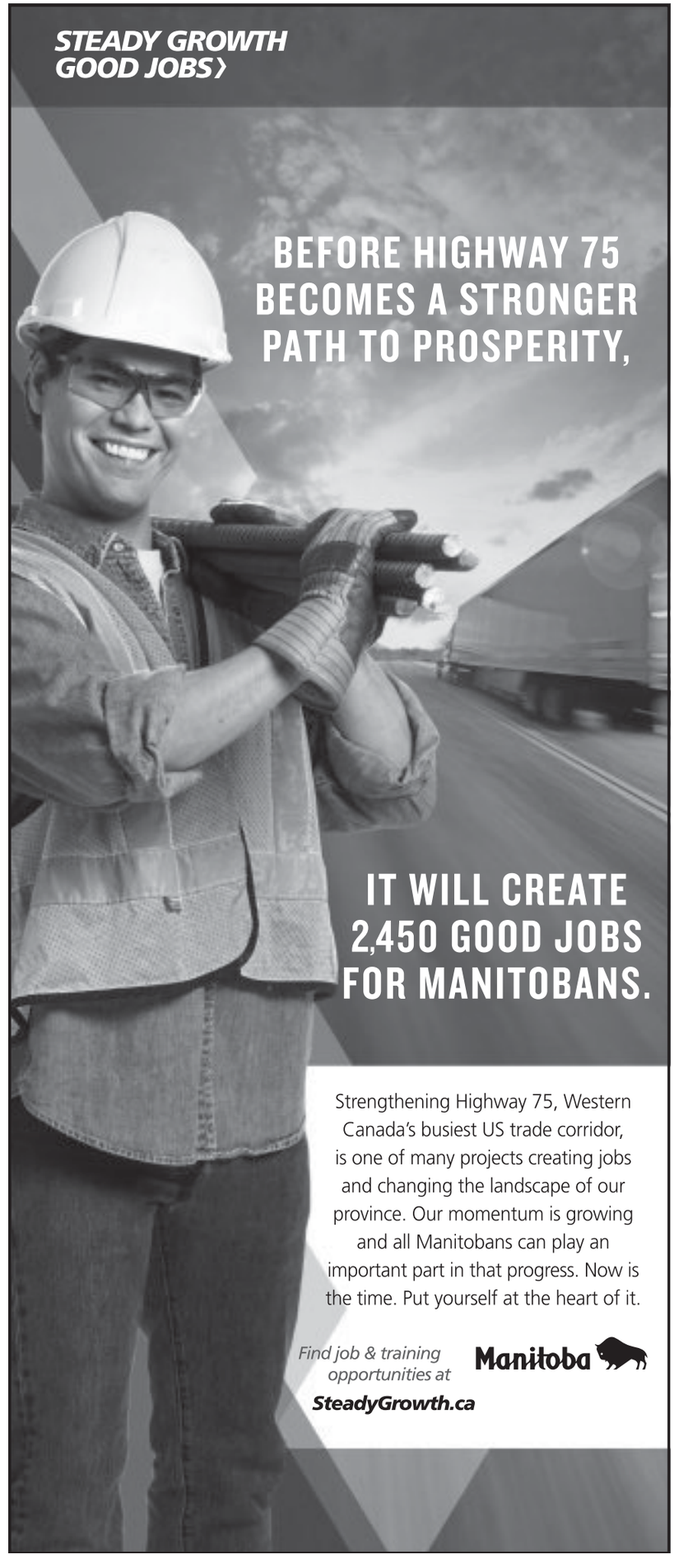
The NDP government is facing pressure from supporters to get pharmacies to list their dispensing fees so consumers can shop around for the best price. A spokeswoman for Consumer Protection Minister Ron Lemieux says the government is looking into how to make the fees more transparent.

No other province has forced pharmacies to advertise their dispensing fees. But the bylaws of the College of Ontario Pharmacists require druggists to post their fees and break out the fee if they advertise drug costs.

Pressure is growing on Manitoba to do something. A survey by Royal Bank last year found the province's residents pay the highest average dispensing fees in the country — anywhere between $4.50 and $13 per prescription.

The Canadian Association of Pharmacists declined to comment.

THE CANADIAN PRESS


STEADY GROWTH
GOOD JOBS›
BEFORE HIGHWAY 75 BECOMES A STRONGER PATH TO PROSPERITY,
IT WILL CREATE 2,450 GOOD JOBS FOR MANITOBANS.
Strengthening Highway 75, Western Canada's busiest US trade corridor, is one of many projects creating jobs and changing the landscape of our province. Our momentum is growing and all Manitobans can play an important part in that progress. Now is the time. Put yourself at the heart of it.
Find job & training opportunities at
SteadyGrowth.ca
Manitoba

Report. Syria's chemical attack was 2013's worst human rights violation

A chemical weapons attack in Syria last summer that the U.S. says killed more than 1,400 people was the world's worst human rights violation of 2013, the Obama administration concluded Thursday.

The report by the State Department also foreshadowed the unrest in Ukraine that just toppled its government.

The report also pointed out Iran, North Korea and Belarus.

THE ASSOCIATED PRESS

Quoted

"The tragedy that has befallen the Syrian people stands apart in its scope and human cost." Quote from the report

Rehearsal for invasion?

North Korea launches missiles in protest: Officials

North Korea fired four suspected short-range missiles into its eastern waters Thursday, South Korean defence officials said.

The launch was an apparent effort to protest ongoing U.S.-South Korea military exercises that Pyongyang calls a rehearsal for invasion.

The launches, however, weren't expected to raise tension as North Korea routinely tests short-range missiles and it has recently sought better ties with South Korea in what outside analysts say is an attempt to win badly-needed foreign investment and aid.

THE ASSOCIATED PRESS

Same-sex marriage. Kentucky the latest win for gay rights advocates

A U.S. federal judge signed an order Thursday directing officials in Kentucky to immediately recognize same-sex marriages performed in other states and countries, capping a hectic 24 hours in the battle over gay rights that is raging across the U.S.

The Kentucky decision was just the latest victory for American gay rights advocates.

On Wednesday, in deeply conservative Texas, a U.S. federal judge declared a same-sex marriage ban unconstitutional, handing same-sex marriage proponents their biggest victory yet, pending an appeal that will likely go to the U.S. Supreme Court.

THE ASSOCIATED PRESS

Airport in Crimea seized by armed men

Blow to the bank. Tensions have caused the country's finances to plummet, prompting a potential emergency financial package

Pro-Russian activists carry Orthodox Icons at a checkpoint outside the Ukrainian Black Sea port of Sevastopol in Crimea, Ukraine, Thursday. ANDREW LUBIMOV/THE ASSOCIATED PRESS

Dozens of armed men in military uniforms seized an airport in the capital of Ukraine's strategic Crimea region early Friday, a report said.

Witnesses told the Interfax news agency that the 50 or so men were wearing the same gear as the ones who seized government buildings in the city, Simferopol, on Thursday and raised the Russian flag.

The report said the men with "Russian Navy ensigns" first surrounded the Simferopol Airport's domestic flights terminal.

The report could not be immediately confirmed.

The events in the Crimea region have heightened tensions with neighbouring Russia, which scrambled fighter jets to patrol borders in the first stirrings of a potentially dangerous confrontation reminiscent of Cold War brinksmanship.

Moscow granted shelter to Ukraine's fugitive president, Viktor Yanukovych, state media said.

He was said to be holed up in a luxury government retreat and to have scheduled a news conference Friday near the Ukrainian border.

As gunmen wearing unmarked camouflage uniforms erected a sign reading "Crimea is Russia" in the provincial capital, Ukraine's interim prime minister declared the Black Sea territory "has been and will be a part of Ukraine."

The escalating conflict sent Ukraine's finances plummeting further, prompting Western leaders to prepare an emergency financial package.

THE ASSOCIATED PRESS

President in hiding

- Yanukovych declared Thursday in a statement that he remains Ukraine's legitimate president. He was reportedly to hold a news conference Friday in the southern Russian city of Rostov-on-Don, not far from the Ukrainian border.
- Yanukovych fled after riot police attacked protesters in Kyiv's central square in clashes that killed more than 80 people, and European and Russian officials intervened. He has not been seen publicly since Saturday, when he insisted he remained the legitimately elected president — a position backed by Russia.

GILL'S FURNITURE & APPLIANCES
Warehouse New & Used
★90 Day Warranty on All Appliances
★We Deliver (Usually the Same Day)
BEST PRICES OF BEDS IN THE CITY
We carry high density, pillow tops of top brand names
We carry overstock, floor models
New Beds Starting at $69!
UP TO 90% OFF RETAIL PRICES!
Twin Foam Mattress $69
Beautyrest/ Monaco Mattresses From $299
Single/Double Bunk Bed Pine $559
Twin Bunk Bed Cherry $459
121 Salter Street • (204) 582-8726 • gillsfurniture.ca

Meet my mom and dad ... and other mom

Three-parent embryos. U.K. holds public review of controversial fertilization technique

Britain is inviting the public to weigh in on draft rules allowing scientists to create embryos using DNA from three people — a man and two women — to prevent mothers from passing on potentially fatal genetic diseases.

The latest public review should be the last step before politicians consider changing the law to let doctors offer the new fertilization techniques to patients.

That would make Britain the first country in the world to allow the procedure to help people have children.

The public input isn't meant to debate whether the controversial techniques should be permitted.

Instead, it concerns how they should be used to prevent relatively rare diseases caused by DNA defects in parts of the cell called mitochondria.

Mistakes in the mitochondria's genetic code can result in diseases such as muscular dystrophy, epilepsy, heart problems and mental handicaps.

Mitochondria are energy-producing structures outside the cell's nucleus. The new techniques involve removing the nucleus DNA from the egg of a prospective mother and inserting it into a donor egg, from which the nucleus DNA has been removed.

That happens either before or after fertilization.

The resulting child ends up with the nucleus DNA from its parents, but the mitochondrial DNA from the donor.

Scientists say the DNA from the donor egg amounts to less than 1 per cent of the resulting embryo's genes.

THE ASSOCIATED PRESS

Genetic alteration

"(This) is an important step for society and should not be taken lightly."

Dr. Peter Braude, emeritus professor of obstetrics and gynecology at King's College London

Funding daycare

Bloomberg gives $10M to help Bangladeshi kids

Former New York City Mayor Michael Bloomberg's foundation is donating $10 million to a program aimed at preventing the drowning of Bangladeshi children who may be improperly supervised while their parents are at work. The initiative will fund community daycare and playpens.

THE ASSOCIATED PRESS

Sotheby's

Rare Citizen Kane draft script for sale

Orson Welles' personal draft script for Citizen Kane is up for sale, from the collection of an American almost as wealthy as the movie's monstrous newspaper mogul, though considerably more private.

Sotheby's auction house is offering the typed script, covered in Welles' amendments and annotations. THE ASSOCIATED PRESS

It's a rocket, man

A Japanese H-IIA rocket with the NASA-Japan Aerospace Exploration Agency (JAXA) Global Precipitation Measurement (GPM) Core Observatory on board takes off from launch pad 1 of the Tanegashima Space Center, Friday in Tanegashima, Japan.

BILL INGALLS/THE ASSOCIATED PRESS/NASA

MMPDA
PRESENTS
MID CANADA BOAT SHOW
FEBRUARY 27 - MARCH 2
If you're in the market for a new boat, you can't afford to miss this show.
midcanadaboatshow.com
Buy a boat
& ENTER TO WIN
A $5,000 CREDIT
towrds purchase.
See Dealer for details.
The largest boating, fishing and all things water show in central Canada!
All three floors of the RBC Convention Centre Winnipeg.
MUST-SEE FEATURES:
Mega Tank – a 5,000 gallon fish tank, pro fishing seminars, pro casting competition, kids casting and more!

Judge to examine U.K. policy of protecting IRA fugitives

Secret side deal. Findings on program providing letters promising immunity to IRA vets to be reported publicly in May

The British government announced Thursday it will appoint a judge to investigate its long-secret policy of supplying letters to Irish Republican Army fugitives promising them protection from arrest. The issue is dividing Northern Ireland's unity government.

Until this week, Northern Ireland citizens believed more than 200 IRA veterans still could not travel into the U.K. without fear of arrest for outstanding charges or investigations. Publicly, the British government and the IRA's political front, Sinn Féin, gave every impression this remained the case.

Then a London court judgment, published Tuesday, revealed that Britain and Sinn Féin had misled everyone else — and cut a secret side deal.

The judge revealed that governments led by Tony Blair, Gordon Brown and David Cameron, the current prime minister, had provided 187 IRA veterans with official letters vetted by police and prosecutors reassuring them that, should they return to Northern Ireland or travel to Britain, they would not be arrested for suspected involvement in IRA attacks. Those provided letters included men linked to the slaughter of Protestant civilians. The process started in 2000 and accelerated in 2007 shortly before the Northern Ireland coalition's creation.

Cameron announced Thursday that a judge would investigate the letters program and report findings publicly by May. THE ASSOCIATED PRESS

Not a get-out-of-jail-free card

"They will be liable for arrest and prosecution."

Theresa Villiers, cabinet minister for Northern Ireland, on what will happen if evidence shows that letter-holders committed terrorist offences.

North Ireland Deputy First Minister Martin McGuinness of Sinn Féin, right, along with party colleague Gerry Kelly, left, speak to the media at Partiament Buildings, Stormont, Belfast, Northern Ireland, Thursday PETER MORRISON/THE ASSOCIATED PRESS

Roller rink employee

Man indulged foot fetish with up to 200 children: Cops

Police are trying to identify the victims of a 19-year-old Los Angeles roller rink employee who they say admitted indulging a self-described "foot fetish" with up to 200 young boys.

Julian Christopher Flores is charged with one count each of false imprisonment and attempted lewd act on a child, the Los Angeles Times reported Wednesday. He has pleaded not guilty.

The newspaper cited court documents that show Flores admitted taking up to 200 young boys into a maintenance room over the course of a year at Northridge Skateland. THE ASSOCIATED PRESS

Elana Simon

Teen spearheads cancer study

A U.S. teenager who survived cancer decided to study her own rare disease, and helped point scientists to a gene flaw that might spur it.

Age 18 is young to be an author of a study in the prestigious journal Science. But an industrious high school student spearheaded a research project that is bringing new attention to this mysterious disease.

Elana Simon was 12 when she was diagnosed with an extremely rare form of liver cancer that mostly hits teens and young adults. Surgery left her cancer-free. But a high school internship helped her launch the project with help from her scientist father and her doctor. THE ASSOCIATED PRESS

Port of Stockton

Mystery Google barge on the move

Google's mystery barge is heading on a short cruise to comply with an order requiring it to move from its current home on a San Francisco Bay island.

The agency leasing the Treasure Island space where the barge is being built says the four-story vessel is bound for the Port of Stockton, a destination located about 120 kilometres east of San Francisco. The island's development authority says it has been notified the barge will move by March 7.

The barge is leaving because of a Jan. 31 regulatory order concluding that Google didn't have the proper building permits at Treasure Island. THE ASSOCIATED PRESS

FURNITURE • APPLIANCES • ELECTRONICS • COMPUTERS
RAC Rent-A-Centre
BE THE HERO!
PROMOTION ENDS 3/15/14¥
CAPTAIN AMERICA THE WINTER SOLDIER IN THEATRES APRIL 4
YOU COULD WIN A PRIVATE OPENING NIGHT SCREENING PLUS YOUR OWN HOME MEDIA ROOM!
SEE STORE FOR DETAILS*
DON'T MISS YOUR CHANCE TO BE A HERO!
YOU ARE AUTOMATICALLY ENTERED INTO THE SWEEPSTAKES WITH EVERY NEW RENTAL AGREEMENT AND FIRST WEEK'S PAYMENT AND FOR ANY OTHER ON-TIME PAYMENT YOU MAKE BY SATURDAY, MARCH 15! AT PARTICIPATING STORES ONLY. FOR ALTERNATE METHOD OF ENTRY, VISIT WWW.RENTACENTRE.CA/HERO.
rentacentre.ca | 800.915.0115

Winnipeg
#9 - 2188 McPhillips Street
(204) 633-0542

Winnipeg
1330 Unit A, Ellice Ave.
(204) 779-3531

Winnipeg
1615 Regent Ave., W Ste. 710
(204) 661-2322

¥NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.), PUERTO RICO, AND CANADA (EXCL. QC) 18 YEARS AND OLDER. VOID IN QUEBEC AND WHERE PROHIBITED. Sweepstakes ends 3/15/14. For Official Rules, alternate method of entry, prize descriptions and odds disclosure, visit www.rentacentre.ca/hero. If Canadian resident, mathematical skill-testing question must be correctly answered to win. 1 Grand Prize (approximate retail value $6,773 USD) available to be won. Sponsor: Rent-A-Center, Inc., 5501 Headquarters Drive, Plano, TX, 75024, U.S.A. If you would like your name removed from Sponsor's mailing list please call 1-800-422-8186 and your name will be removed within 60 days of the request. Product availability may vary by store. Free or reduced rent offers will not reduce total rent or purchase-option amounts. You will not own the merchandise until the total amount necessary to acquire ownership is paid in full or you exercise your early purchase option. Ownership is optional. Offer good while supplies last and cannot be combined with any other promotion. See Store Manager for complete details.
CAN-142003_1403_WINMET

Opposition says Aga Khan's message of inclusion lost on PM

The Aga Khan receives a standing ovation from the House of Commons in Ottawa on Thursday. Prime Minister Stephen Harper listened intently as the spiritual leader of the world's 15 million Shia Ismaili Muslims preached a message of tolerance, inclusion and peace, but he stood accused Thursday of turning a deaf ear to the core message by choosing not to invite the NDP and Liberals to an event Friday in Toronto to mark the visit. The snub had the two opposition parties in an uproar, coming a day after they took Harper to task for refusing to include them among an official delegation to Ukraine this week. FRED CHARTRAND/THE CANADIAN PRESS

Canada agrees to prevent fishing in Arctic Ocean

More study needed. Agreement with U.S., Russia, Denmark and Norway reached after three days of talks

Canada and four other Arctic nations have agreed to work toward a deal to block commercial fishing in the central Arctic Ocean until more is known about the potential of the resource.

The agreement with the U.S., Russia, Denmark and Norway was reached late Wednesday in Nuuk, Greenland, after three days of talks.

"The participants recognized the need for interim precautionary measures to prevent any future commercial fisheries without the prior establishment of appropriate regulatory mechanisms," said a news release issued from Nuuk.

"The participants will work toward the establishment of such interim measures."

The five Arctic coastal nations each regulate fishing up to 200 nautical miles from their shores, but that leaves a large regulatory hole in the central Arctic Ocean.

No commercial fishery currently exists in that part of the ocean, which was until recently permanently covered by sea ice. Scientists say as much as 40 per cent is now clear at least part of the year, opening it up to commercial exploitation.

In 2012, more than 2,000 scientists from 67 countries called for a moratorium on commercial fishing in the Arctic until more research is completed. The scientists said the regulatory gap could make the region a target for large bottom trawlers, which would put stress on fish populations.

Fisheries Minister Gail Shea said the federal government is pleased with the agreement.

"We appreciate the level of attention the Arctic Ocean Coastal States are devoting to this issue," she said in a release. "It is imperative that we take a leadership role to prevent unsustainable fishing in the Arctic Ocean high seas."

Going into the meeting, Canada, the U.S. and Denmark were backing the fishing ban. Norway and Russia were not.

"The good news coming out of Nuuk is that the five countries achieved a consensus that the central Arctic Ocean is not ready for commercial fishing until science and management measures are more developed," said Scott Highleyman, a representative of the environmental arm of the Pew Charitable Trusts and a member of the American delegation.

"They set themselves an ambitious agenda for the rest of 2014 to confirm the results of the Nuuk meeting and reach out to other nations."

Still, more could have been expected of talks in which none of the parties had anything to lose, said Michael Byers, professor of Arctic and international law at the University of British Columbia.

"Given that there is no commercial fishing taking place, it should be relatively easy to agree," he said. "All they have been able to agree on is that there should be some interim measures.

THE CANADIAN PRESS

Two charged with murdering Halifax student

Loretta Saunders was killed two weeks ago at a Halifax apartment she once shared with two roommates, police said Thursday as they charged the pair with first-degree murder.

Supt. Jim Perrin of Halifax Regional Police said investigators believe the 26-year-old university student was slain on Feb. 13, the day she was last seen.

"I can't imagine what a tragic event this is for Ms. Saunders's family and friends and we're glad we're able to bring this to some sort of conclusion quickly," Perrin said.

Perrin wouldn't give any details of how Saunders died.

"I can't get into the evidence because now the case is before the courts," he said. "For first-degree murder there has to be some planning to the crime and our investigators are satisfied that existed."

Victoria Henneberry, 28, and Blake Leggette, 25, are scheduled to face the allegations against them in Halifax provincial court Friday.

Perrin said Henneberry and Leggette were in a relationship and they once shared the apartment with Saunders, though he could not say how long the three lived together.

When asked whether Saunders was killed at the apartment shared by Henneberry and Leggette, Perrin replied: "That's correct."

THE CANADIAN PRESS

Romania's pain — its orphans

Ceausescu-era abuse. Since Romanian orphans came to Canada, Simon Fraser U. has been studying their development

Romanian orphans play without toys at a Bucharest orphanage in 1991. SIUMUI CHAN/THE CANADIAN PRESS

When the Iron Curtain was torn down almost 25 years ago, the images shocked the world: tens of thousands of Romanian children warehoused in cold, grey institutions, sometimes stacked six to a bed.

Malnourished and ailing, children rocked themselves in silence on thin, threadbare mattresses. Most didn't talk or cry. There was no point. No one was listening.

Bottles were often tied to cribs for babies to feed themselves.

"Nobody held it for them, or fed them or held the child. If the baby could cope with it, good; if not, they got sick and died," says Lucy LeMare, an associate professor at Simon Fraser University, near Vancouver.

Under Romanian dictator Nicolae Ceausescu, the number of state orphanages had swelled to more than 600 grossly underfunded institutions. After he was executed by his own people on Christmas Day in 1989, childless western families flooded the country to adopt. Canadian families took in more than 1,400 children from Romania in 1990 and 1991, roughly half of them from orphanages.

The circumstances presented a tragic and unprecedented opportunity to assess the long-term impact of deprivation in early childhood, and Simon Fraser researchers have spent the past two decades studying the adoptees' development.

They surveyed them as toddlers, then twice as school-aged children and again around 17.

They're now beginning a new survey with the hope that, as adults, the former Romanian orphans may be able to shed light on what helped and what hampered their ability to cope with their early trauma.

THE CANADIAN PRESS

Mental disorders

- The most recent survey, published in 2007, found that about 40 per cent of Romanian adoptees had been diagnosed with a mental disorder, compared with 15 per cent among the general youth population in Canada.

Early abuse scars deep

"When people saw those images after the fall of Ceausescu, they looked at those babies and thought ... I'm going to love that child and everything is going to be OK.' It turns out that that's not always the case."

Lucy LeMare, associate professor at Simon Fraser University

A nation's shame

Carmen's story of survival

She was so tiny in her crib that her soon-to-be-mom thought she was about 18 months old. Actually, she was 4 1/2, but neglect and malnourishment had taken their toll.

"What about this little girl?" Sonya Paterson recalls asking in one of a string of dark rooms in dark orphanages she visited throughout Romania. She was helping hundreds of Canadian and American couples adopt kids from the crumbling state.

"The orphanage director looked at me right in the eyes and said, 'Sonya, that girl's not for you. She's irrecuperable and you should get yourself a baby.'" But the fact that Carmen had survived the barren, prison-like orphanage only endeared the bright-eyed little girl to Paterson. She was adopted by her in 1990.

THE CANADIAN PRESS

IT'S MORE THAN A GAME. IT'S OUR HOCKEY HERITAGE.
HERITAGE Classic
Tim Hortons
HOCKEY NIGHT in Canada
SUNDAY AT 2 PM
OTTAWA AT VANCOUVER
LIVE FROM BC PLACE
cbcsports.ca/nhlheritageclassic
facebook.com/HockeyNightInCanada follow us on twitter @hockeynight #hockeynight
CBC
NHL and NHL team marks are the property of the NHL and its teams. © NHL 2014. All Rights Reserved.

New customers get up to $100* off.

Sale ends this Sunday.

Samsung Galaxy™ S4 Mini

Samsung Galaxy S4™

Samsung Galaxy Note 3™

Blackberry® Z30

New customers can get great savings this weekend on smartphones.
Visit your nearest MTS Connect store.

MTS®

* Hardware pricing only available with a minimum 24 month contract and minimum $45.00/mth Voice and Data plan. Offer available only to customers new to MTS Wireless – defined as customers who are porting wireless number to MTS or activating new MTS wireless service with a new phone number. Excludes existing MTS wireless customers signing new wireless contracts. Credit value shall not exceed price of the hardware. While quantities last. Cannot be combined with any other offers or discounts. Offer expires Sunday, March 2, 2014 and subject to change. Conditions apply. See MTS Connect store for details. Trademarks: Samsung Galaxy S4, Samsung Galaxy S4 Mini, and Samsung Galaxy Note 3 images © 2013 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark and Samsung Galaxy S4 and Samsung Galaxy Note 3 are trademarks of Samsung Electronics Co., Ltd., used with permission. Screen images simulated. BlackBerry® is the property of BlackBerry Limited and is registered and/or used in the U.S. and countries around the world. Used under license from BlackBerry Limited. MTS design mark is a registered trade-mark of Manitoba Telecom Services Inc., used under license.

1st Annual
Metis Youth Entrepreneurs Symposium

• Starting a Business?
• Have a great idea?
• Need help boosting your business?

THEN - YES - IS YOUR ANSWER

Clarion Hotel, Winnipeg
March 29 - March 30 2014

For more information call the MET department at 205-586-8474 ext. 242

Register online at
www.mmfemployment.ca/yes

MET is Awarding 50 FREE admissions to the FIRST 50 Metis Entrepreneurs to Register

Deadline is March 7, 2014*
* To Take a FREE Entrepreneurial Myers Briggs Test

Metis Employment & Training

Metis Employment & Training (MET) is a department of the Manitoba Metis Federation

Cold War redux on the horizon?

An American classic car drives past the Russian warship the Viktor Leonov CCB-175, docked in Havana, Cuba, Thursday. The warship, one of Russia's Vishnya-class ships which are generally used for intelligence gathering, was docked in the harbour on Thursday, a day after the country's defence minister announced plans to expand Russia's worldwide military presence. THE CANADIAN PRESS

Britain spied on webcams: NSA leaks

Report. Yahoo calls news spy agency stealing screenshots of intimate videos 'a whole new level of violation of users privacy'

Britain's signals intelligence division is stealing screenshots from hundreds of thousands of innocent Yahoo users' webcam videos, according to the Guardian newspaper, which also reported that the years-long operation has swept up a huge haul of intimate photographs.

The newspaper said GCHQ has been scooping up the sensitive images by intercepting video chats such as the kind offered by Yahoo Messenger, an effort codenamed OPTIC NERVE. It's not clear how many Yahoo users were spied on in this way. The Guardian said that in one six-month period in 2008, GCHQ intercepted the video communications of 1.8 million users, but it's possible that the program, which the Guardian says was still active in 2012, has either grown or shrunk in scope since then.

The Guardian said the documents were provided by former U.S. intelligence worker Edward Snowden, who remains in Russia after having sought temporary asylum there. THE ASSOCIATED PRESS

Risperdal

Drug firms fight $1.2B award

A lawyer for two drug companies told the Arkansas Supreme Court the state improperly relied on federal regulations in a lawsuit that resulted in a $1.2 billion US award over the companies' marketing of an antipsychotics drug. THE ASSOCIATED PRESS

Market Minute

DOLLAR
89.80¢
(-0.06¢)

TSX 14,214.74 (+26.16)

OIL $102.40 US (-$0.19)

GOLD $1,331.80 US (+$3.80)

Natural gas: $4.48 US (-$0.04)
Dow Jones: 16,272.65 (+74.24)

KNEE PAIN?

HEALTHWEST
CALL TODAY:
204-783-3355
Located:
The Bay 4th floor 450 Portage ave
Old St.Vital 75 St.Anne's Rd

visit metronews.ca
metro

HASHTAG HOPES FOR SPRING

THE METRO LIST

Neil Morton
metronews.ca

1 Piers Morgan. Social media went nuts this week when it was announced CNN was ending Piers Morgan's show next month due to poor ratings. The majority seemed fully in support of the decision to axe the show. I for one find his interview style refreshing and transparent, and his ranting on gun control laws — while tiring to some — bang on. I say move Anderson Cooper into the 9 p.m. slot now.

2 #PinkShirtDay #StopBullying. People standing up to bullies — while wearing pink — was trending across Canada this week in a beautiful show of solidarity against bullying on Pink Shirt Day on Wednesday. Whether it's in the schoolyard, home, workplace or online, we all know someone who has been bullied. The more awareness (and action) on this social issue, the better.

3 Harold Ramis. The world of comedy lost a gem — his writing classics included Animal House and Groundhog Day — when he passed away at the age of 69, and online tributes flowed in. It's his co-starring role in the Ghostbuster movies he'll likely be most remembered for. Indeed, a Twitter picture showing a tribute to him outside the Ghostbusters firehouse in Tribeca (Twinkie included!) was shared all over the interwebs.

4 AC/DC symphony. It's perhaps the best mashup of classical music meets classic rock ever: Croatian string duo 2Cellos did an amazing cover of AC/DC's Thunderstruck, performed in full period setting. It has four million views on YouTube. I want more. I want the 2Cellos to do Stairway to Heaven, Bohemian Rhapsody, Sweet Child O'Mine and Smells Like Teen Spirit. Shake me all night long with that.

5 #WeAreSpring, please. #WeAreWinter was a fantastic, empowering promo for the Canadian Olympic team during the Winter Olympics but that's over (and we did amazing!), yet the frigid temperatures still remain. I can speak for everyone when I say we are kinda getting sick of shovelling. So I propose it's time to bring out a #WeAreSpring campaign where we encourage Mother Nature to show us some heat! Bring it with that hashtag.

6 Coldplay. With no context, Coldplay released an eerie, frosty, dark new video titled Midnight this week that felt more like a Radiohead song. But dropping stuff with zero context is the new I'm-going-to-build-so-much-hype-behind-this-product-before-it's-released-you-won't-believe-it! So it makes total sense, actually.

7 Anchorman 2. On Feb. 28, Anchorman 2: The Legend Continues is being re-released in theatres for one week only with 763 new jokes. A movie that had so much improvisation had plenty to choose from and these new ones have risen from the cutting room floor. So now, watch out on social media as movie-goers tweet out their fave new Ron Burgundy lines.

8 Oscars. With the 86th Academy Awards Sunday night, the biggest social media action will be on what returning host Ellen has to say in her opening monologue, and what the stars are wearing on the red carpet. The actual awards are secondary — though if Barkhad Abdi from Captain Phillips doesn't win best actor in a supporting role, I'll be kicking up a Twitter storm.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Batman stars in new toy story

COURTESY FREYA JOBBINS

Dark Knight's head made of recyclables

It looks like Batman has gone all soft – he's made out of toys. Sculptor Freya Jobbins created this bust of the Caped Crusader using old figurines, with a baby doll belly as his chin. "My work explores the relationship between consumerist fetishism and the emerging recycling culture within the visual arts," says Jobbins. METRO

Artist's viewpoint

"I begin my work by finding toys in second-hand shops and recycling centres. As I build a base layer of toys and doll parts, the persona of the bust starts to evolve." Freya Jobbins

So many items

- "I love the actual process of hunting for the discarded toys, but to find so many of them unwanted, still in perfectly good condition, really shocks me," Jobbins said.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

TORY WALKER/FLICKR

Seth Rogen and his partner-in-crime Evan Goldberg's next announced project is a movie version of Console Wars, an upcoming book about the knock-down, drag-out brawl between Sega and Nintendo of the '90s. But there's no need to wait for either to refresh your memories of a pixelated rivalry.

Nesbox:

Brush up on the Nintendo side of the war by browsing through a playable library of NES and SNES games that is hundreds deep. Classic RPGs, beat-em-up brawlers and patience-grinding platformers. Not to mention the mighty and beloved Earthbound. (nesbox.com)

Ssega:

Look, fan boys. It's quite easy to love the offerings of both companies. There's no need for rival camps. However, as you're working your way through proven classics like Aladdin, Beyond Oasis and Sonic Spinball (that's right, Spinball), you'll find we can all agree that most of the music was terrible. (ssega.com)

The Console Wars:

If the games themselves cause your eyes to glaze over, there's still a magnificent yarn full of insider intrigue, corporate betrayal and tumbles from the throne. The full book is a few weeks away from release, but Exposé has a pretty great primer that may pique your interest. (xmedia.ex.ac.uk)

Twitter

@metropicks asked: The Oscars are this Sunday! If you created an Oscars category that you would win, what would it be called?

@Frank_Mag: Category; "Best Actor/Actress who only has one line in a movie award" best delivery of said line wins obviously.

@MomAndDadFight: and the oscar for best new oscar category goes to Ben Whitaker for his work on best new oscar category

@GeorginaBencsik: Best #style

@VickiEssex: Best Monologue Delivered with a Mouth Full of Food. #oscarcategories

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

Go from out of date to up to date.

Samsung GALAXY S4

Trade in any old phone and get

$120

towards a new smartphone.*

Pair your new smartphone with our $65 plan† and enjoy:

- Unlimited nationwide talk & text‡
- Up to 5 GB of nationwide data**
- Caller ID and Voice Mail

Switch and enjoy the best customer service in Canada.††

Visit **telus.com/findastore** for your nearest trade-in location.

TELUS
the future is friendly®

For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.

BLACK'S

TELUS STORES & AUTHORIZED DEALERS

Winnipeg
Garden City Shopping Centre
Kenaston Power Centre
Polo Park
St. Vital Centre
1555 Regent Ave West
393 Portage Ave
3653 Portage Ave

*Offer valid at participating trade-in locations in Manitoba and Saskatchewan. Limit of one trade-in per customer. See telus.com/tradein for full details. †Taxes, long distance, additional airtime, roaming and pay-per-use charges are extra plus provincial government 911 emergency service fees will apply in Saskatchewan (62¢). Directory assistance 411 charge is $2.50 per call. ‡Premium and subscription messages are not included. An additional 40¢/message charge will apply for each text message or attachment sent to non-Canadian numbers. Customers with devices not able to display picture or video messages will receive a text message that includes a web address for viewing. **Additional usage will be charged at 5¢/MB. Cannot be combined with any other data plan. Tethering included. Access to BlackBerry Enterprise Service is not included. Data usage is subject to a monthly overage limit of 10 GB. ††Best customer service claim based on a comparison of national wireless service providers drawn from the most recent report of the Commissioner for Complaints for Telecommunications Services; visit the CCTS website or see telus.com/bestservice for details. TELUS, the TELUS logo, telus.com and the future is friendly are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2014 TELUS.

Synopsis

Liam Neeson joins the mile-high club in Non-Stop. He plays Bill Marks, an aging U.S. federal air marshal safe-guarding the 150 passengers, including Julianne Moore, Corey Stoll, Linus Roache and flight attendant Lupita Nyong'o, on an international flight from New York to London. He's also a burn-out, a lonely guy with a loaded gun and a propensity to get loaded on booze. The routine flight becomes fraught with danger when he receives text messages from a mysterious source threatening to kill a passenger every 20 minutes unless a ransom of $150 million is deposited into a bank account. When that account is discovered to be in Marks's name, he's accused of being a hijacker.

- Richard: ●●○○○
- Mark: ●●○○○

Liam Neeson takes his tough guy act in the air in Non-Stop. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Just plane outrageous

Non-Stop. Liam Neeson's acting is the only thing that saves this from a crash landing

Richard: Mark, Non-Stop has more red herrings than a fish and chips shop. Clues are dropped and discarded and the plot is so ludicrous that every now and again someone has to say, "I can explain this," so the audience has a fighting chance of making some kind of sense of the intrigue. The story is simple but is muddied by outrageous twists. Once I decided to not try and play along — this isn't True Detective where every word and scene counts — I enjoyed watching Neeson in action man mode. He's better than the movie and he made this movie better simply by showing up.

Mark: Richard, I liked the movie in spite of itself. I did play along right to the end, and enjoyed the ride. But it's this Agatha Christie-like cheesiness that keeps threatening to sink the picture. And the answer to the movie's riddle was far from satisfying. It felt tacked on and graceless. Neeson is great, but he's getting so old for this sort of thing. Soon he's going to have to chase after the bad guys with a walker.

RC: You wouldn't say that if he was after you! Walker or no walker, the old boy has some life in him yet. There is a certain cheesy joy to be found in the image of Neeson floating in zero gravity, grabbing a gun out of the air and getting business done. He has carved a unique action niche for himself and seems to be having fun growling and gunning his way through trashy action movies.

MB: And what about Julianne Moore? What's her excuse? Mortgage payments? She was actually the one passenger I didn't believe in for a moment. I kept thinking, "Why is Julianne Moore in this picture?' And like everyone else, she gets to do an emotional speech that proves she couldn't be the villain. Which, of course, may or may not be the case. I know you liked Neeson's zero gravity gun grab, but I also liked his fist fight in the airplane lavatory. Shot in such close quarters, it was very exciting.

RC: I hope Moore buys something nice with the pay cheque. She gets the job done, but that part could have been played by anyone. I feel bad for Lupita Nyong'o. She's an Oscar nominee for 12 Years a Slave, but here she's reduced to a Grace Jones impersonator with just a few lines.

MB: Weirdly, I did not feel very emotionally involved with the movie. Maybe because so much of the plot depends on texting, or maybe because the characters keep yammering on, Non-Stop, about their backstory.

Anderson family vision care
OPTOMETRISTS:
Dr. A. Anderson & Associates

Buy a frame and lenses and receive a second pair free (same Rx)*
Or receive Anti-Reflective Coating*

We carry the very latest in designer fashions: Gucci, Dior, Guess, Jimmy Choo, Fendi, Bebe, Oakley, Nike, Michael Kors, and so much more! Quality promotional frames also available!

90-2200 McPhillips • 204.633.7482
101 - 2265 Pembina Hwy • 204-275-2015
www.andersonvisioncare.ca
*Some restrictions apply. Cannot be combined with other discounts.

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Drama

Stalingrad

Director. Fedor Bondarchuk

Stars. Thomas Kretschmann, Yanina Studilina

Stalingrad is an epic look at the battle that turned the tide of the Second World War. A band of determined Russian soldiers fight to hold a strategic building in their devastated city against a ruthless German army, and in the process become deeply connected to two Russian women who have been living there. Presented in IMAX 3D, the scale of the battle contrasts dramatically with the human drama.

Rotten Tomatoes™ score
Critics: 46% **Audience:** + 95%

Thriller

3 Days to Kill

Director. McG

Stars. Kevin Costner, Amber Heard

In this heart pounding action-thriller, Kevin Costner is a dangerous international spy, who is determined to give up his high stakes life to finally build a closer relationship with his estranged wife and daughter, whom he's previously kept at arm's length to keep out of danger. But first, he must complete one last mission.

Rotten Tomatoes™ score
Critics: 31% **Audience:** 54%

Animation

The Wind Rises

Director. Hayao Miyazaki

Stars. Joseph Gordon-Levitt

Jirou dreams of flying airplanes, but because he's nearsighted he's unable to become a pilot. Instead he becomes an engineer in the aircraft division of a major Japanese company, where his genius is soon recognized. Historic events and the happenings in his life are inextricably linked.

Rotten Tomatoes™ score
Critics: 83% **Audience:** + 92%

The man behind The Lion King looks at the dog life

Mr. Peabody & Sherman hits theatres next Friday. CONTRIBUTED

Mr. Peabody & Sherman. Rob Minkoff brings back a beagle he loved as a child and makes a smart, funny film in the process

Quoted

"I didn't want to copy (the TV show) exactly because I couldn't possibly do that. So it was taking the spirit of it and letting that be. Trying to get to the core of what it is rather than the surface."

Director Rob Minkoff on making a film based on Peabody's Improbable History

RICHARD CROUSE
scene@metronews.ca

Rob Minkoff may always be best known as the co-director of The Lion King, one of the biggest animated hits of all time, but long before he brought Simba, Mufasa and Scar to life, he was a fan of a dog named Mr. Peabody.

Mr. Peabody is a beagle in the world of humans — imagine Family Guy's Brian with less attitude but more PhDs. He's a Harvard grad, a Nobel Prize winner, advisor to heads of state and in his spare time he invented planking and auto tune.

With his adopted human son Sherman, he's also a time traveller, taking the WABAC machine — "It's not WHERE we're going, but WHEN!" — to various spots in history in a weekly segment on the show Rocky and His Friends called Peabody's Improbable History.

"Whenever it came on, I would watch it," says Minkoff, director of the new animated film Mr. Peabody & Sherman, "so I've seen all the episodes multiple times.

"I was always a fan but I don't recall thinking, 'Oh, that would make a great movie one day.' It didn't occur to me that way. It all started 12 years ago with a conversation I had with (executive producer) Jason Clark. He came to me and said, 'What do you think of Mr. Peabody and Sherman?' My answer was, 'I love them.' He said, 'What about making a movie out of them.' I thought, 'They're great characters. There's a lot to them. There is an unexplored well of stuff, like the time machine and time travel.'"

That was 12 years ago. "Once you get your teeth into something creatively," he says, "you never really let go."

Over the years the idea for the film has shifted and changed. At the very early stages it was suggested that the movie could work as a live action story.

"It didn't take very long for me to come around to the idea that I would prefer to do this as an animated movie because I didn't understand how it would work as a live action thing. It would lose some of its appeal, some of the quirkiness of it."

The film retains the eccentricity of the original series: It's probably the only kid's movie with an Oedipal joke. But Minkoff hopes the movie will appeal to all ages.

"The original show was always popular among college educated, smarter people, and that was something we thought was important but at the same time, we wanted to) make it kid friendly.

"I didn't want to copy (the TV show) exactly because I couldn't possibly do that. So it was taking the spirit of it and letting that be. Trying to get to the core of what it is rather than the surface."

No Clue opens next Friday. CONTRIBUTED

Brent Butt finds the funny in a murder mystery

No Clue. Corner Gas creator had the jitters anticipating how audiences would receive his new film

RICHARD CROUSE
scene@metronews.ca

"The Whistler Film Festival was the first opportunity I got to sit in a room with strangers and have them watch the movie and I was very nervous going into it," says comedian Brent Butt about his new film No Clue.

In the film he stars as Leo, a mild-mannered Vancouver tchotchke salesman lured into a murder mystery by a femme fatale played by Amy Smart.

"It's a very dark, classic kind of detective mystery but the main characters say funny things," says Butt.

"We really felt, totally objectively, that we made the movie we wanted to make but that part of my brain that is the stand up comic said, 'What you think doesn't really matter. The audience will let you know,' and the audience is everything to me.

"Long before Corner Gas came around I was just a greasy nightclub comic, out there getting it done. When you are doing that you always have the ability to shift gears. You think, 'They're not buying the sports stuff so I'll talk about politics,' but with this movie if they're not liking it five minutes in you can't say, 'Everybody go get a drink. I'm going to re-edit this.' You are locked in."

Audience reaction was "better than we ever could have imagined" for a movie he calls a "tricky balancing act."

"I wanted to make a movie that if it wasn't funny would still be entertaining. It would still be thrilling and a mystery and have all those good, juicy elements, and then the funny kind of folds in, like gravy: It's on top of everything else.

"From the writing stand point there were a lot of funny jokes I neglected to put in the movie because I felt this is funny, but it is ultimately going to damage the reality.

"For this movie to work it has to feel real. One of the things we did early on was tell everybody to forget that this is a comedy. Pretend you are making a dark murder mystery. That's what this is. The comedy will come in elsewhere."

Butt cites a famous example of the kind of film he wanted to make.

"Beverly Hills Cop was written not to be a funny movie. It was written to be a thriller and then they cast Eddie Murphy and said, 'Let's make it funny.' But if you take all the funny things that Eddie says out, it still holds water as an action movie."

Quoted

"Beverly Hills Cop was written not to be a funny movie. It was written to be a thriller and then they cast Eddie Murphy and said 'Let's make it funny.'"

Brent Butt

WIN A VIP TRIP FOR 2 TO
THE ULTIMATE FIGHTER NATIONS CANADA VS AUSTRALIA FINALE
IN QUEBEC CITY!
PRIZE INCLUDES: VIP TICKETS TO THE EVENT, A BEHIND-THE-SCENES TOUR, FIGHTER MEET-AND-GREETS, PHOTO OPS, AND SIGNED JERSEYS FROM EACH TEAM!
Visit www.warnerbroscanada.com for details!

SEIZE YOUR GLORY
RISE OF AN EMPIRE
FROM PRODUCER ZACK SNYDER, DIRECTOR OF 300 AND MAN OF STEEL
WARNER BROS. PICTURES AND LEGENDARY PICTURES PRESENT
LEGENDARY
SEE IT IN 2D, REAL D 3D & IMAX 3D
IN THEATRES MARCH 7

VISIT clubmetro.com TO ENTER
YOU COULD ALSO WIN TICKETS TO THE ADVANCE SCREENING

No purchase necessary. Contest open to residents of Canada excluding Quebec, who have reached the age of majority (18) or older. Odds of winner depends on the number of eligible entries received. There are ten (10) secondary prizes to be won in each market, consisting of a pass for two to see "300 RISE OF AN EMPIRE". Skill testing question required. Contest closes March 3, 2014 at 11:59pm. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com. ©2014 Ultimate Fighting Promotions, LLC. All Rights Reserved.

THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB. 28 TO THURS., MAR. 6. TIMES ARE SUBJECT TO CHANGE.

Pompeii. CONTRIBUTED

Cinema City McGillivray 2190 McGillivray Blvd.

3 Days to Kill (14A) Fri 4:15-7:15-10:20 Sat-Sun 1:20-4:15-7:15-10:20 Mon 5:20-8:25 Tue 4:15-7:15-10:20 Wed-Thu 5:20-8:25
American Hustle (14A) Fri 4:05-7:05-10:10 Sat-Sun 1:05-4:05-7:05-10:10 Mon 5:10-8:20 Tue 4:05-7:05-10:10 Wed-Thu 5:10-8:20
The LEGO Movie (G) Sat-Sun 1:25
The LEGO Movie 3D (G) Fri-Sun 4:10-6:50-9:25 Mon 5:05-7:35 Tue 4:10-6:50-9:25 Wed-Thu 5:05-7:35
The Monuments Men (PG) Fri 4-6:55-9:55 Sat-Sun 1:10-3:55-6:55-9:55 Mon 5:40-8:45 Tue 4-6:55-9:55 Wed 4:55 Thu 5:40-8:45
Non-Stop (PG) No Passes Fri 5-7:45-10:25 No Passes Sat-Sun 2:10-5-7:45-10:25 No Passes Mon 5:45-8:40 No Passes Tue 5-7:45-10:25 No Passes Wed-Thu 5:45-8:40 No Passes Fri 7:30-10:15 No Passes Sat-Sun 4:10-7:30-10:15 No Passes Mon 8:20 No Passes Tue 7:30-10:15 No Passes Wed-Thu 8:20
Pompeii 3D (PG) Fri 4:50-7:30-10:05 Sat-Sun 2-4:50-7:30-10:05 Mon 5:15-8 Tue 4:50-7:30-10:05 Wed 4:30-8 Thu 5:15-8 Fri 6:45-9:50 Sat-Sun 3:30-6:45-9:50 Mon 7:40 Tue 6:45-9:50 Wed-Thu 7:40
RoboCop (PG) Fri 4:25-7:20-10:15 Sat-Sun 1:30-4:25-7:20-10:15 Mon 5:30-8:30 Tue 4:25-7:20-10:15 Wed-Thu 5:30-8:30
Son of God (14A) No Passes Fri 4:05-7:10-10:15 No Passes Sat-Sun 1-4:05-7:10-10:15 No Passes Mon 5-8:15 No Passes Tue 4:05-7:10-10:15 No Passes Wed-Thu 5-8:15
The Wolf of Wall Street (18A) Fri 6-9:20 Sat-Sun 3-6-9:20 Mon 7 Tue 6-9:20 Wed-Thu 7

Cinema City Northgate 1399 McPhillips Street

47 Ronin 3D (14A) Fri 7:30-10:10 Sat-Sun 1:30-4:30-7:30-10:10 Mon-Thu 5:35-8:25
Delivery Man (PG) Fri 7:40-10:15 Sat-Sun 1:50-4:50-7:40-10:15 Mon-Thu 5:55-8:30
Devil's Due (14A) Fri 7:25-9:35 Sat-Sun 1:45-4:45-7:25-9:35 Mon-Thu 5:45-7:50
Gravity 3D (PG) Fri 7:20-9:30 Sat-Sun 1:40-4:40-7:20-9:30 Mon-Thu 5:50-8
Saving Mr. Banks (PG) Fri 7-9:55 Sat-Sun 1:10-4:10-7-9:55 Mon-Thu 5:25-8:10
Shaadi Ke Side Effects (STC) Fri 6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 5:20-8:20
Starting Over Again (PG) Fri 7:10-10 Sat-Sun 1:20-4:20-7:10-10 Mon-Thu 5:40-8:40
Thor: The Dark World 3D (PG) Fri 6:55-9:40 Sat-Sun 1-4-6:55-9:40 Mon-Thu 5:30-8:05

Cinematheque 304-100 Arthur

86th Annual Academy Awards (STC) Sun 5
Crimewave (STC) Fri
No Films Showing Today (STC) Mon-Tue
The Obsession of Billy Botski (STC) Fri 7
Springtime in Greenland (STC) Fri
A Story of Children and Film (STC) Sat 9 Wed-Thu 7
When Jews Were Funny (STC) Sat 7 Thu 9

City Cinema - Northgate 1399 McPhillips

47 Ronin 3D (14A) Fri 7:30-10:10 Sat-Sun 1:30-4:30-7:30-10:10 Mon-Thu 5:35-8:25
Delivery Man (PG) Fri 7:40-10:15 Sat-Sun 1:50-4:50-7:40-10:15 Mon-Thu 5:55-8:30
Devil's Due (14A) Fri 7:25-9:35 Sat-Sun 1:45-4:45-7:25-9:35 Mon-Thu 5:45-7:50
Gravity 3D (PG) Fri 7:20-9:30 Sat-Sun 1:40-4:40-7:20-9:30 Mon-Thu 5:50-8
Saving Mr. Banks (PG) Fri 7-9:55 Sat-Sun 1:10-4:10-7-9:55 Mon-Thu 5:25-8:10
Shaadi Ke Side Effects (STC) Fri 6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 5:20-8:20
Starting Over Again (PG) Fri 7:10-10 Sat-Sun 1:20-4:20-7:10-10 Mon-Thu 5:40-8:40
Thor: The Dark World 3D (PG) Fri 6:55-9:40 Sat-Sun 1-4-6:55-9:40 Mon-Thu 5:30-8:05

Famous Players Kildonan Place, 1555 Regent Ave W,

Labor Day (PG) Fri 7:20-9:50 Sat-Sun 2-4:40-7:20-9:50 Mon-Thu 5:40-8:20
The LEGO Movie (G) Sat-Sun 1:30
The LEGO Movie 3D (G) Fri 7-9:40 Sat-Sun 4:10-7-9:40 Mon-Thu 5:30-8:10
The Monuments Men (PG) Fri 6:50-9:30 Sat-Sun 1:20-4-6:50-9:30 Mon-Thu 5:20-8
Non-Stop (PG) No Passes Fri 7:30-10 No Passes Sat-Sun 1:50-4:30-7:30-10 No Passes Mon-Thu 5:50-8:30
RoboCop (PG) Fri 7:10-9:50 Sat-Sun 1:40-4:20-7:10-9:50 Mon-Thu 5:40-8:20
That Awkward Moment (14A) Fri 7:40-10:10 Sat-Sun 2:10-4:50-7:40-10:10 Mon-Thu 6-8:40

Grant Park 8 Cinemas 1120 Grant Ave.

12 Years a Slave (14A) Dolby Stereo Digital Fri 3:30-6:35-9:45 Dolby Stereo Digital Sat-Sun 12:25-3:30-6:35-9:45 Dolby Stereo Digital Mon-Thu 3:30-6:35-9:45
300: Rise of an Empire 3D (18A) Dolby Stereo Digital, No Passes Thu 8
August: Osage County (14A) Dolby Stereo Digital Fri 3:45-7-9:50 Dolby Stereo Digital Sat-Sun 12:45-3:45-7-9:50 Dolby Stereo Digital Mon-Wed 3:45-7-9:50 Dolby Stereo Digital Thu 3:45
The LEGO Movie (G) Dolby Stereo Digital Fri-Thu 3:40
The LEGO Movie 3D (G) Dolby Stereo Digital Fri 6:40-9:40 Dolby Stereo Digital Sat-Sun 12:40-6:40-9:40 Dolby Stereo Digital Mon-Thu 6:40-9:40
The Monuments Men (PG) Dolby Stereo Digital Fri 3:55-6:55-9:55 Dolby Stereo Digital Sat-Sun 12:20-3:55-6:55-9:55 Dolby Stereo Digital Mon-Thu 3:55-6:55-9:55
Non-Stop (PG) Dolby Stereo Digital, No Passes Fri 3:50-6:50-10 Dolby Stereo Digital, No Passes Sat-Sun 12:50-3:50-6:50-10 Dolby Stereo Digital, No Passes Mon-Thu 3:50-6:50-10
Philomena (14A) Dolby Stereo Digital Fri 4-6:45-9:35 Dolby Stereo Digital Sat-Sun 1-4-6:45-9:35 Dolby Stereo Digital Mon-Thu 4-6:45-9:35
Son of God (14A) Dolby Stereo Digital, No Passes Fri 3:35-6:30-9:50 Dolby Stereo Digital, No Passes Sat-Sun 12:35-3:35-6:30-9:50 Dolby Stereo Digital, No Passes Mon-Thu 3:35-6:30-9:50
The Wolf of Wall Street (18A) Dolby Stereo Digital Fri 3:25-7:10 Dolby Stereo Digital Sat-Sun 12:15-3:25-7:10 Dolby Stereo Digital Mon-Thu 3:25-7:10

Landmark Globe Cinema 393 Portage Ave.

American Hustle (14A) Fri 6:55-9:45 Sat-Sun 1:20-4:10-6:55-9:45 Mon-Thu 6:55-9:45
Son of God (14A) Fri 6:35-9:25 Sat-Sun 1-3:50-6:35-9:25 Mon-Thu 6:35-9:25
Starting Over Again (PG) Sub-Titled Fri 6:45-9:30 Sub-Titled Sat-Sun 1:10-4-6:45-9:30 Sub-Titled Mon-Thu 6:45-9:30

Landmark Towne Cinema 8 301 Notre Dame Avenue

3 Days to Kill (14A) Fri 7:05-9:40 Sat-Sun 12:45-3:25-7:05-9:40 Mon-Thu 7:05-9:40
300: Rise of an Empire 3D (18A) Sneak Preview Thu 8
I, Frankenstein (14A) Fri 7:20-9:45 Sat-Sun 1:10-3:30-7:20-9:45 Mon-Wed 7:20-9:45
The LEGO Movie (G) Sat-Sun 3:15
The LEGO Movie 3D (G) Fri 6:45-9:05 Sat-Sun 1-6:45-9:05 Mon-Thu 6:45-9:05
The Monuments Men (PG) Fri 6:50-9:30 Sat-Sun 12:40-3:20-6:50-9:30 Mon-Thu 6:50-9:30
Non-Stop (PG) Fri 7:10-9:35 Sat-Sun 12:55-3:35-7:10-9:35 Mon-Thu 7:10-9:35
Pompeii (PG) Sat-Sun 3:45
Pompeii 3D (PG) Fri 7-9:25 Sat-Sun 1:20-7-9:25 Mon-Thu 7-9:25
Ride Along (14A) Fri 6:55-9:10 Sat-Sun 12:50-3:10-6:55-9:10 Mon-Thu 6:55-9:10
RoboCop (PG) Fri 6:40-9:20 Sat-Sun 1:05-3:40-6:40-9:20 Mon-Thu 6:40-9:20

SilverCity Polo Park 815 St. James Street

3 Days to Kill (14A) Fri-Wed 1:50-4:35-7:25-10:20 Thu 1:20-4-7:25-10:20
300 Marathon 3D (STC) No Passes Thu 7
300: Rise of an Empire — An IMAX 3D Experience (18A) No Passes Thu 10:15
About Last Night (14A) Fri-Sat 12:10-2:45-5:15-7:50-10:30 Sun 12:10-2:45-5:15-7:50-10:20 Mon-Wed 2-4:45-7:15-10 Thu 2-4:45-10
Endless Love (PG) Fri-Thu 9:30
Frozen (G) Fri 12:05 Sat 11:10-12:05 Sun 12:05 Mon-Thu 1:35
Frozen 3D (G) Fri-Sun 2:45-5:25 Mon-Thu 4:10
Gnomeo and Juliet (G) Sat 11
The Hobbit: The Desolation of Smaug 3D (14A) Fri-Sun 3:20 Mon-Thu 4:15 Fri-Sat 6:45-10:15 Sun 6:45-9:50 Mon-Thu 8
The LEGO Movie (G) Fri-Thu 1:40-4:10-6:50
The LEGO Movie 3D (G) Fri 12-2:30-5:05-7:40-10:10 Sat 11:25-12-2:30-5:05-7:40-10:10 Sun 12:05-2:30-5:10-7:40-10:10 Mon-Thu 2:30-5-7:35-10:10
The Metropolitan Opera: Prince Igor (STC) Sat 11
The Monuments Men (PG) Fri 1:20-4:20-7:15-10:15 Sat 4:20-7:15-10:15 Sun 1-3:55-6:55-10:15 Mon-Wed 1:30-4:20-7:20-10:15 Thu 1:10-3:55
Non-Stop (PG) No Passes Fri 12:15-2:55-5:30-8:05-10:45 No Passes Sat 10:50-12:20-2:55-5:30-8:05-10:45 No Passes Sun 12-2:35-5:10-7:45-10:25 No Passes Mon-Tue 2:10-5-7:40-10:15 No Passes Wed 5-7:40-10:15 No Passes Thu 2:10-5-7:40-10:15 Star & Strollers Screening, No Passes Wed 1:30
Pompeii 3D (PG) Fri-Sat 12:15-2:50-5:20-7:55-10:40 Sun 12:15-2:50-5:20-7:55-10:30 Mon-Thu 2:30-5:15-7:50-10:30
Ride Along (14A) Fri 12:40-3:10-5:40-8:20-10:50 Sat 11:20-1:50-5:40-8:20-10:50 Sun 12:30-3-5:25-7:55-10:25 Mon-Thu 1:55-4:25-7:05-9:45
RoboCop (PG) Fri 2-4:50-7:45-10:40 Sat 2:30-4:50-7:45-10:40 Sun 2-4:45-7:45-10:25 Mon-Thu 1:45-4:40-7:30-10:20
Romeo and Juliet (STC) Thu 7
Son of God (14A) No Passes Fri-Sun 12:50-4-7:10-10:20 No Passes Mon-Tue 1:10-4:15-7:20-10:25 No Passes Wed 4:25-7:25-10:25 No Passes Thu 1:10-4:15-7:20-10:25 Star & Strollers Screening, No Passes Wed 1:30
Stalingrad: An IMAX 3D Experience (14A) Fri-Sun 1-4-7-10 Mon-Wed 1:10-4-7-10 Thu 1:10-4-7
That Awkward Moment (14A) Fri-Sat 8:10-10:35 Sun 8:10-10:30 Mon-Wed 7:10-9:50 Thu 9:45
The Wind Rises (PG) Fri-Thu 1:30-4:30-7:30-10:25
Winter's Tale (PG) Fri-Sun 12:25 Mon-Thu 1:25

SilverCity St. Vital 110-1225 St Mary's Rd.

300: Rise of an Empire 3D (18A) No Passes Thu 8-10:45
Concert: Kaas Chante Piaf (STC) Sun 12:55 Wed 7
Endless Love (PG) Fri-Sun 7:15-9:45 Mon-Tue 7:10-9:45 Wed 10:15 Thu 7:10-9:45
Frozen (G) Fri 2:15 Sat-Sun 11:45 Mon-Thu 2:05
Frozen 3D (G) Fri 4:45 Sat-Sun 2:15-4:45 Mon-Thu 4:35
Gnomeo and Juliet (G) Sat 11
The Hunger Games: Catching Fire (PG) Fri-Tue 6:45-9:55 Wed 7:05-9:55 Thu 6:45-9:55
Jack Ryan: Shadow Recruit (PG) Fri 2:05-4:50-7:30-10:25 Sat-Sun 4:50-7:30-10:25 Mon-Tue 2:20-4:50-7:30-10 Wed 2:20-4:50-10 Thu 4:50 Star & Strollers Screening Thu 1:30
The LEGO Movie (G) Sat 11:05-11:30 Sun 11:50-12:40
The LEGO Movie 3D (G) Fri 2:30-5-7:40-10:15 Sat 12:25 Sun 12:20 Mon-Thu 2:30-5-7:35-10:05 Sat 11:15-12-2:30-5-7:40-10:15 Sun 2:30-5-7:40-10:15
The Metropolitan Opera: Prince Igor (STC) Sat 11
The Monuments Men (PG) Fri 1:30-4:15-7:10-10 Sat 2:05-4:15-7:10-10 Sun 1:30-4:15-7:10-10 Mon-Wed 1:30-4:15-7-9:50 Thu 4:15-7-9:50 Star & Strollers Screening Thu 1:30
Non-Stop (PG) No Passes Fri 2:55-5:25-8-10:35 No Passes Sat-Sun 12:20-2:55-5:25-8-10:35 No Passes Mon-Tue 2:25-5:05-7:40-10:15 No Passes Wed 7:40 No Passes Thu 7:40-10:25 No Passes Wed 1:30-4-10:15 No Passes Thu 2:25-5:05
The Nut Job (STC) Fri 1:20-4:30 Sat 1:40-4 Sun 2:20-3:55 Mon-Thu 1:25-4:30
Pompeii 3D (PG) Fri-Sun 2:50-5:20-7:50-10:30 Mon-Thu 2:15-4:55-7:25-10
RoboCop (PG) Fri 1:50-4:40-7:25-10:15 Sat-Sun 1:50-4:40-7:25-10:10 Mon-Wed 1:35-4:30-7:20-10:10 Thu 1:35-4:30-7:20-10:20
Son of God (14A) No Passes Fri 1:25-3:30-7:05-10:10 No Passes Sat-Sun 12:45-3:50-7-10:05 No Passes Mon-Thu 1:25-3:35-7:15-10:10
That Awkward Moment (14A) Fri 3:15-5:30-7:55-10:20 Sat 12:55-3:15-5:30-7:55-10:20 Sun 3:15-5:30-7:55-10:20 Mon-Thu 2:10-4:45-7:05-9:40

Look picture-perfect on the red carpet

Life as an A-list actress. From finding the right dress to erasing wrinkles and losing those extra pounds, getting Oscar-ready is a months-long affair

JOHN MACKAY
For Metro Canada

Actress Amy Adams on the red carpet at last year's Academy Awards. GETTY IMAGES

Puffiness! Breakouts! Bulges! If these are the nightmares that A-list actresses have on the nights leading up to the Oscars, they can be forgiven. They're only going to be seen by ... oh ... several hundred million people in 225 countries. No surprise that weeks, if not months, go into getting Oscar ready. Here's how it happens.

First, amass the troops. Have wardrobe stylist, tailor, hair stylist, makeup artist, dermatologist, aesthetician, nutritionist, personal trainer, massage therapist, manicurist and, since this is Hollywood, psychotherapist, scheduled and at the ready.

"The prepping can start months before the awards," says celebrity hair and makeup artist Sheri Stroh. "They'll get rolling with a diet and exercise protocol and meet with their stylist, who starts looking for the perfect dress."

Dermatologists and aestheticians, always on speed dial, come next, to perfect skin that's likely near perfect to begin with. But there's collagen to stimulate, pores to shrink and wrinkles to erase. Microdermabrasion, oxygen facials, LED light treatments and more — those high-definition cameras are merciless. And your Botox can always use a top-up.

Two weeks prior, get your hair cut and coloured. And how's your dress coming along? "It has to be the perfect dress that defines the celebrity's style," explains L.A. stylist Alissia Marciano.

By now you've picked out your dress — and your backup dress — and you've had more than one fitting. "Remember," Marciano says, "it has to fit you like a glove." Time to begin your juice fast. And schedule your spray tan.

The day's arrived, but don't worry, this is the easy part. Already carb-free and as cleansed, toned and taut as those three months of daily workouts will allow, do a little yoga to relax and then greet your team at the door. Try on your dress one last time. The tailor will cut and reshape it and can always sew you into the dress if need be.

While security men deliver the diamonds, let your hair stylist, makeup artist and manicurist get to work.

What to eat today? Nothing! Well, maybe a little bowl of detox soup, but please, no salt or caffeine, you don't want to bloat — there's only so much Spanx can do.

Finally, it's 4:30 p.m. in L.A. and your car is here. You're dressed, accessorized and made up, waiting while your stylist scrapes the bottom of your shoes with a knife — those red carpets can be slippery.

Get into the car oh-so-carefully and sit very still on your drive to Hollywood's Dolby Theatre. But relax! You'll be on and off that 500 feet of red carpet before you know it.

Looking sharp

But what about the men?

While an Oscar bound actor has it easy in comparison, there's a good chance the tuxedo he chooses will make the morning news.

At Sunday's Oscars you'll see a little of everything: shawl collars, peaked lapels, single- and double-breasted, bow ties, straight ties. And as per usual you'll see a few really big mistakes from actors who insist on standing out as if just being at the Oscars isn't standing out enough.

Last year Daniel Day-Lewis topped the best dressed list in a midnight blue shawl-collared tux and Chris Pine scored big sartorial points in his black custom tailored double-breasted tux.

But all the tailoring in the world can't make a guy look comfortable in formal dress. It's about confidence. While George Clooney makes it look smooth and easy, Ben Affleck always looks like a man in distress.

JOHN MACKAY

Daniel Day-Lewis

Ben Affleck

Chris Pine

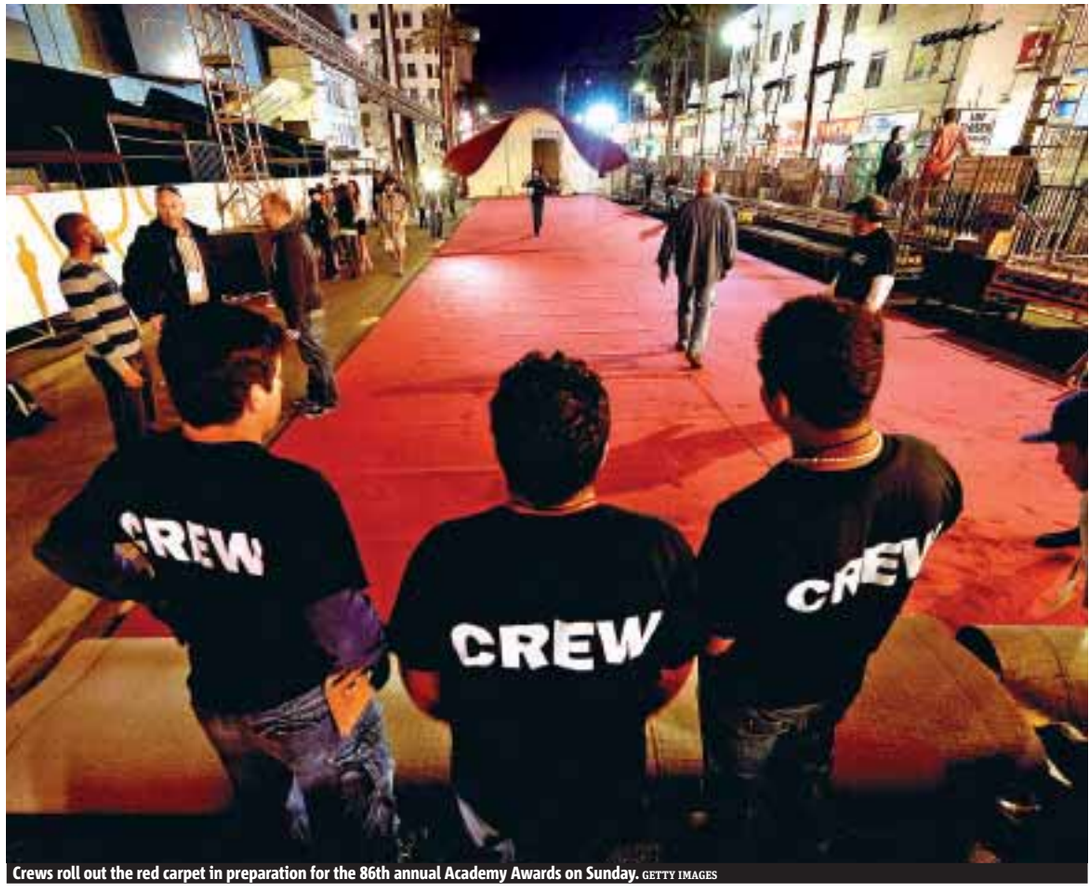
W.K.CHAN JEWELLERS
ENTER TO WIN
a 14K WHITE GOLD DESIGN DIAMOND PENDANT valued at $1000
No purchase necessary. Prize to be awarded to winner on March 3rd.
VISIT clubmetro.com TO ENTER
After more than 50 years in the jewellery business, Mr. W. K. Chan is Retiring and one of our stores will be closed.
By popular demand SALE EXTENDED! For a limited time (sale subject to end without notice)
Almost all Fine Jewellery Selling at Down to only 39¢ On the Dollar of the Ticketed Price
Retirement & Store Closing SALE
Polo Park (Winnipeg): Monday to Friday 10:00 am – 9:00 pm Saturday 9:30 am – 6:00 pm | Sunday 11:00 am – 6:00 pm
St. Vital Centre (Winnipeg): Monday to Friday 10:00 am – 9:00 pm Saturday 9:30 am – 6:00 pm | Sunday 11:00 am – 6:00 pm
Brandon Shoppers Mall: Monday to Saturday 9:30 am – 9:00 pm Sunday 11:00 am - 5:00 pm
www.wkchan.com

The end of the annual film calendar is nearly upon us, with the 86th Academy Awards set for Sunday evening on CTV and CTV.ca. Here's a sample of what to expect on Hollywood's biggest night.

NED EHRBAR
Metro World News in Hollywood

Did you know

- Meryl Streep's nod for best actress in August: Osage County marks her 18th Oscar nomination, breaking the record for most nominations earned by an actor or actress, previously held by ... Meryl Streep.
- If Jennifer Lawrence wins for best supporting actress in American Hustle she'll become the youngest person to win two acting Oscars. She'd also be the first actress to win back-to-back awards in different categories and with the same director.
- This year marks only the second time that Pixar has released a film (Monsters University) that hasn't earned a best animated picture nomination. The first was 2011's Cars 2.
- Best actor nominee Leonardo DiCaprio and best actress nominee Amy Adams are currently tied at five career nominations and zero wins each.
- With his nomination for The Book Thief's soundtrack, John Williams extends his ridiculous lead as the living person with the most Oscar nods, at 49. If you factor in the deceased, he's catching up to 60-time nominee Walt Disney.
- Frozen composer Bobby Lopez, one of the songwriters nominated for best song favourite Let It Go, would become the 12th person in show business history to achieve the EGOT — winning an Emmy, a Grammy, an Oscar and a Tony.
- Ellen DeGeneres reprises her role as the ceremony's host, following her last turn at the gig in 2007. She's got a long way to go to get into the record books though, as Bob Hope holds the lead with 19 hosting appearances.



Crews roll out the red carpet in preparation for the 86th annual Academy Awards on Sunday. GETTY IMAGES

Your guide to the Oscars

86th Academy Awards. Here's what to look out for during Sunday's ceremony, hosted by Ellen DeGeneres

Returning producers Neil Meron and Craig Zadan say the theme for this year's Oscars is a salute to heroes and heroines of all stripes, celebrating everything from Norma Rae and Captain Phillips to Harry Potter and the Ghostbusters. There will also be a segment celebrating the 75th anniversary of the Wizard of Oz.

Music will be a big part of the ceremony, which is great considering so many big names are nominated in the best song category and performances of the nominated songs were skipped altogether in 2010 and 2012.

U2 (Mandela: Long Walk to Freedom), Pharrell Williams (Despicable Me 2), Karen O (Her) and Idina Menzel (Frozen) will all take the stage, as will Pink and Bette Midler for other performances.

But host DeGeneres has already insisted that she herself won't be singing, unlike last year's host, Seth MacFarlane.

With 46 famous faces presenting over the course of the night, it's going to be a busy stage. Presenters include previous winners like Jennifer Lawrence, Christoph Waltz, Kevin Spacey and Angelina Jolie, plus popular names like Zac Efron, Channing Tatum and Kristen Bell. One we're definitely excited about is Vertigo star Kim Novak, making a rare public appearance at the ceremony.

This marks the 13th year the Oscars have been presented in the same venue, though the name has changed. What was the Kodak Theatre up until 2011 is now known as the Dolby Theatre.

And if the ceremony feels long, just be thankful it's not 2000 anymore. That year, the proceedings clocked in at a whopping four hours and four minutes, while they generally average around three-and-a-half hours long. The first Oscars in 1929, by the way, lasted 15 minutes. If only.

Last-minute predictions

We're going ahead and calling most of the races all locked up, but there is still room for surprises. Best supporting actress and best picture seem particularly hard to pin down. But we're pinning them down anyway! If you win your office pool with this, we get a cut, OK?

- **Best Picture:** 12 Years a Slave
- **Best Director:** Alfonso Cuarón, Gravity
- **Best Actor:** Matthew McConaughey, Dallas Buyers Club
- **Best Actress:** Cate Blanchett, Blue Jasmine
- **Best Supporting Actor:** Jared Leto, Dallas Buyers Club
- **Best Supporting Actress:** Lupita Nyong'o, 12 Years a Slave
- **Best Original Screenplay:** Spike Jonze, Her
- **Best Adapted Screenplay:** John Ridley, 12 Years a Slave
- **Best Cinematography:** Gravity
- **Best Original Score:** Steven Price, Gravity

A few good reads

The books behind the films

If you're looking for some good reading material, the Academy's best adapted screenplay category is a good place to start, but you'll be searching bookstores in vain for the book behind Before Midnight. The screenplay for the movie is an adaptation because it's based on the characters from previous films Before Sunrise and Before Sunset. Still, you can always cozy up with these:

• A Captain's Duty: Somali Pirates, Navy SEALs and Dangerous Days at Sea, the book by Richard Phillips (with co-writer Stephan Talty) became Captain Phillips, with Tom Hanks stepping in to portray Phillips' hijacking by Somali pirates.

• The Lost Child of Philomena Lee by Martin Sixsmith obviously became Philomena, starring Dame Judi Dench as Lee and Steve Coogan as former BBC presenter Sixsmith.

• 12 Years a Slave, the harrowing 1853 memoir of Solomon Northup, was originally published with the subtitle "Narrative of Solomon Northup, citizen of New York, kidnapped in Washington city in 1841, rescued in 1853 from a cotton plantation near the Red River in Louisiana," which, honestly, is a total spoiler.

• Reading Jordan Belfort's own accounts of his exploits in the memoir The Wolf of Wall Street might help illuminate why the film's chronicle of bad behavior seemed so infatuated with its subject, who earned a tidy $1 million for the movie rights.

• Over in the best documentary category, you can pick up Jeremy Scahill's Dirty Wars: The World is a Battlefield if you want to learn more about the nominated film Dirty Wars.

And the Oscar for best cocktail goes to ...

It's an unusually crowded field for this year's best picture contest, but thankfully our vice isn't gambling. Instead, we raise a glass to three of our favourite 2013 nominees. Serve these and everyone goes home a winner!

TEXT BY JOE HOWELL, PHOTOGRAPHY BY JOANNA BALCERAK

I'm the Captain Now

- 1 oz Captain Morgan Dark Rum
- 1 oz Sailor Jerry Spiced Navy Rum
- 4 oz ginger beer
- 3 lime wedges
- 2 dashes Angostura Bitters

Build in a Collins glass with ice.

We salute Captain Phillips with this take on a seaworthy classic, the Dark 'n' Stormy. Originally just rum and ginger beer, the drink hails from the heyday of the Royal Navy, when sailors got a daily ration of rum and the Navy opened a ginger beer plant in Bermuda, purportedly to wean those same sailors off the hard stuff. Of course, the scallywags just combined the two instead.

The Russian Satellite

- 1.5 oz Stolichnaya Vodka
- .75 oz Kahlúa
- .25 oz pure lemon juice
- 2 dashes Bittermens Xocolatl Mole Bitters
- 1 dash Fernet Branca
- White tapioca pearls

Shake and strain into a brandy snifter, pack with ice, and scatter pearls on top.

The famous Black Russian — simply vodka and Kahlúa — is older than the space station Mir before they finally decommissioned the space wreck. In this twist we hail Gravity: the cocktail is still sweet and likeable, but thanks to the lemon and Fernet has a bit of edge, like George Clooney in pretty much all his roles.

The Bamboozeler

- 1.5 oz pineapple juice
- 1 oz coconut cream
- .75 oz Appleton VX
- .75 oz Malibu Rum
- 75 oz Blue Curaçao
- .50 oz lime juice

Shake hard with ice and strain into a stemmed martini glass. Garnish with a homemade cocktail umbrella.

"I don't care, I break the rules," says Bradley Cooper in American Hustle. With its neon hue and garish garnish, this libation definitely disregards modern cocktail conventions. But in the era of Hustle, sexy, gaudy drinks were de rigueur.

COCKTAILS BY JOE HOWELL, HEAD BARTENDER AT THE SPOKE CLUB. COME TOGETHER AT THESPOKECLUB.COM.

WONDERLAND ANIME FESTIVAL
COSTUME CONTESTS
Central Canada's Premiere Anime, Gaming & Cosplay Event
VIDEO SCREENINGS
MARCH 1st & 2nd, Victoria Inn Hotel, 1808 Wellington Ave.
MEET THE CAST of SAILOR MOON
Featuring Cosplay Guest Kristen Hughey
Linda Ballantyne - Sailor Moon
Kati Griffin - Sailor Mars
Susan Roman - Sailor Jupiter
Toby Proctor - Tuxedo Mask
Ron Rubin - Artemis
John Stocker - Director
Featuring Video Game Guest Kat Gunn
TICKETS: $20 Day Pass $35 Weekend Pass
www.wonderlandanime.com

This band of jet-setters is on fire

Haiti to Hollywood.
Worlds clash for Arcade Fire as band prepares for 'mind blow' at the Oscars

Arcade Fire is heading to Los Angeles in time for the Academy Awards, where band member Will Butler and frequent Arcade Fire collaborator Owen Pallett will be up for a best original score Oscar. THE ASSOCIATED PRESS FILE

Win and Will Butler of Arcade Fire aren't your average brothers.

Sure, they spent their youngest years at odds, as brothers will. But early on they discovered something that would inform the rest of their lives as creative partners at the heart of one of rock 'n' roll's most creative and single-minded bands.

"I left the house when I was 15 to go to boarding school and would come back in the summers, and I started to realize he's the only person I related to in the whole everywhere," Win Butler, 33, said. "There's not too many people in the world where you literally have the exact same influences, so we kind of developed this language to work together where it's really easy."

"That doesn't mean we see everything identically," Will Butler, 31, said. "But it means that, certainly in artistic endeavours, there's a bit more empathy and compassion for each other because we see where they're coming from. And we tend to agree more than two random musicians would."

That relationship is at the heart of Arcade Fire's success and creativity, something that is on full display this week as the Grammy Award-winning group flies from one end of the continent to the other, and back. In the space of three weeks, Arcade Fire members will have played in a Mardi Gras parade while in New Orleans, played The Tonight Show, performed in Haiti, and then returned home to Montreal for two days to pack for a trip to Los Angeles and the Academy Awards, where Will Butler is up for best original score for his work with Owen Pallett on Her.

"Normally when I come back from Haiti, I just look at all the power lines and streets and road signs and I'm just, 'Wow, look at all this infrastructure,'" Win Butler said. "I'm kind of in a daze the first couple of days when I get back to North America. But going from Haiti to the belly of the beast (at the Oscars) is going to be something of a mind blow."

After the show, the group flies directly to Louisville, Ky., for rehearsals and the launch of a summer-long North American tour, interspersed with European festival dates. Add to the hectic mix the birth of a son to Win Butler and his wife and bandmate Régine Chassagne.

The intense workload since the six-piece began recording Reflektor last year has required the kind of teamwork the brothers and their band have perfected since Will and Win began writing songs together growing up near Houston.

The band worked on Reflektor, the follow-up to the 2010 Grammy album of the year The Suburbs, and Spike Jonze's best-picture-nominated film in parallel fashion. The album even contains a song proposed for the score that didn't make the film. They recorded Reflektor with James Murphy of LCD Soundsystem and Markus Dravs serving as producers, delivering an unpredictable but completely danceable record full of Haitian-influenced rhythms and reflective lyrics.

As both projects came to a simultaneous conclusion, Will Butler took over supervisory duties on the score, working with Jonze and the band's frequent collaborator Owen Pallett. In one case the band was working together toward a shared vision. In the other, they were a contractor trying to match Jonze's needs.

"So that was very, very different," Will Butler said. "There's a lot less drums and a lot less vocals on the soundtrack. And our band is very good at drums and vocals."

THE ASSOCIATED PRESS

Making arrangements for Her

Composer settles score

The morning Owen Pallett woke up to find out he was an Academy Award nominee, he felt thousands of miles away from the rigorous glamour of Hollywood's biggest night.

In one sense it was literal, as the Toronto native was across the world in New Zealand on tour with Arcade Fire. Pallett earned the nomination alongside the band's Will Butler for their work on the chilly, elliptical score to Spike Jonze's Her. But also, after a convivial evening of drinks with the band, Pallett sure didn't feel spotlight-ready.

"I kind of woke up with a touch of a hangover," he said with a laugh in a recent telephone interview.

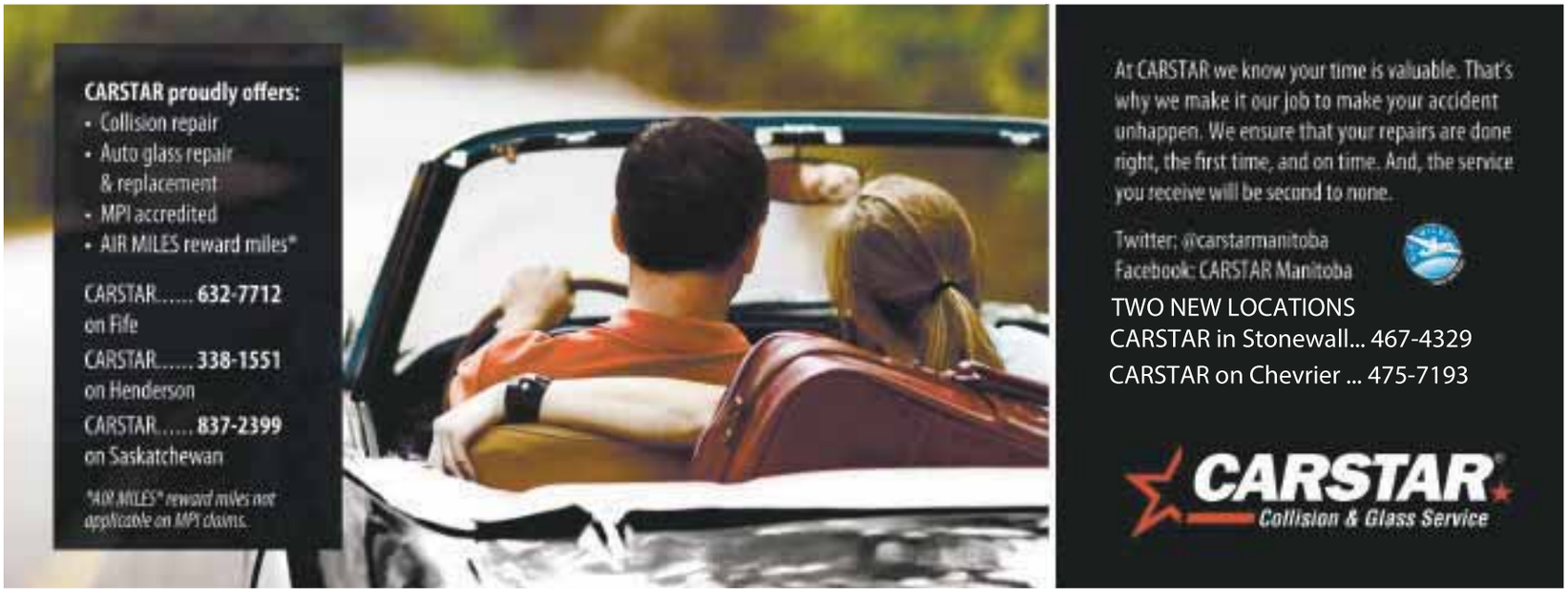
Pallett says the honour feels "really good" and, surprisingly for the eloquent composer, he struggles to go much further than that. It's a "complicated feeling," he says.

Perhaps that's because he wasn't supposed to work on the score in the first place. Pallett says that Arcade Fire — the Montreal Grammy winners whose string arrangements Pallett has handled since their first record, Funeral — had been labouring over a score for about a year without his involvement.

His exclusion had been simply situational. He was in Toronto while the rest of the band was in Montreal. So when he came to Quebec to help the band craft its fourth album, Reflektor, he got involved in the music for Her as well.

"A lot of it was interpreting what Spike wanted and translating it into music," he said. "I can't really stress enough just how collaborative the whole process was."

THE CANADIAN PRESS


CARSTAR proudly offers:
• Collision repair
• Auto glass repair & replacement
• MPI accredited
• AIR MILES reward miles*
CARSTAR..... 632-7712 on Fife
CARSTAR..... 338-1551 on Henderson
CARSTAR..... 837-2399 on Saskatchewan
*AIR MILES® reward miles not applicable on MPI claims.
At CARSTAR we know your time is valuable. That's why we make it our job to make your accident unhappen. We ensure that your repairs are done right, the first time, and on time. And, the service you receive will be second to none.
Twitter: @carstarmanitoba
Facebook: CARSTAR Manitoba
TWO NEW LOCATIONS
CARSTAR in Stonewall... 467-4329
CARSTAR on Chevrier ... 475-7193
CARSTAR
Collision & Glass Service

The fine line between hero and dupe

The Americans.
Noah Emmerich dishes on his character, the mysterious Stan

Noah Emmerich as FBI Agent Stan Beeman on The Americans. CRAIG BLANKENHORN/FX

The Americans puts its audience on the spot. Who to root for? Do we throw our support behind Elizabeth and Philip Jennings (played by Keri Russell and Matthew Rhys), the sexy, all-American-seeming couple who in truth are Russian-born KGB spies working to bring down the United States from within?

Or do we side with Stan Beeman, their neighbour in a Washington suburb, who happens to be an FBI agent in this circa-1980s phase of the Cold War? Stan (played by Noah Emmerich) is sworn to flush out these enemies of the state, but, despite his smarts and commitment, he is constantly frustrated in his mission while undermined by personal demons.

As The Americans returns for its second season (Wednesdays at 10 p.m. EST on FX Canada), the continuing obligation for its fans will be to reconcile divided loyalties and cheer for both parties — never mind that they're working in deadly opposition.

As before, viewers will likely thrill at the death-defying dedication of Elizabeth and Philip, but will identify with Stan. In Emmerich's performance, he sticks to a fine line between being a hero and being a dupe. He's a straight arrow bending under the pressures of his job, including the isolation it imposes: He has lately fallen into an affair with a beautiful Russian informant as his job keeps him from home.

Most challenging for the audience to deal with: Stan is largely unknowable. Unlike Elizabeth and Philip, whose secret lives are manifest to viewers, Stan remains a private soul to all.

"You don't know what he knows," says Emmerich. "You don't know what he's thinking."

Stan's early-on suspicion of Elizabeth and Philip seems to have relaxed into acceptance of them as the ordinary couple they pretend to be. In a future episode, he even meets Philip at a bar for a sodden heart-to-heart about his extramarital affair.

"I haven't told anybody," he tells Philip in a near-whisper. "So you can't."

Has he let down his guard beyond the point of return?

"Is he naive? Or is he (messing) with them?" poses Emmerich, who himself isn't always sure what Stan is up to. "There have been times when I interpreted things in a certain way and played it that way, then mentioned it in passing to a writer, only to find out we had different opinions of what Stan does and doesn't know."

This leaves viewers free to fret about his vulnerabilities and setbacks. So does Emmerich, whose keeps-you-guessing portrayal makes Stan one of TV's most absorbing characters.

"I worry about him a lot, I really do," says Emmerich over a bowl of lentil soup in a Greenwich Village restaurant.

It's a day off from filming the series in its New York locations which prove indistinguishable, doubling as Reagan-era Washington, but Stan, as usual, is on Emmerich's mind.

"Stan's so squeezed!" he says sympathetically. "Stan gets very little respite from the pain and arduousness of his job and his strained relationships. I take it really personally. The things that the character is going through, I go through as an actor. But that's what the work is, and the joy of it. It's precarious, because your internal life is being written by someone else."

Emmerich is immersed in this, his first series, which he laughingly refers to as "The Emmerichans." But his extensive film work includes Beautiful Girls, Little Children, Super 8, Cop Land and the landmark The Truman Show.

THE ASSOCIATED PRESS

Quoted

"It's precarious, because your inner life is being written by someone else."

The Americans star Noah Emmerich

Pinkman's return? Paul wants in for Breaking Bad spin-off Better Call Saul

If Aaron Paul gets his way, Breaking Bad fans can expect to see Jesse Pinkman calling on Saul Goodman — and perhaps calling him some names — in the spinoff series centred on the sleazy lawyer.

Paul says he'd had "serious talks" with Better Call Saul co-creator Vince Gilligan about returning to his character, who was a low-level drug dealer before he linked up with Bryan Cranston's Walter White to produce methamphetamine.

"Anything Vince is involved with, I'm there," Paul said in an interview while promoting the upcoming Need For Speed movie.

"I owe him my entire career. And the idea of jumping into the skin of Jesse Pinkman again in his lighter days, because it's all a prequel, it would be fun."

The Emmy-winning Breaking Bad ended last year after five seasons. Gilligan told reporters last month that he'd be asking its actors to make cameos in Better Call Saul, which will star Bob Odenkirk and is set to premiere in November on AMC.

It's unclear if Cranston will make an appearance. One actor who definitely won't be involved is Dean Norris, who played White's DEA agent brother-in-law Hank Schrader. Norris is starring in the series Under the Dome, set to premiere its second season on CBS this summer.

"I don't think they'll let me do a little cable show," he said in an interview this week while promoting the film Small Time.

"I think that experience was that experience. I'm not a big fan of kind of revisiting something that has already been done. But I think it's going to be awesome. So I can't wait to see it."

THE ASSOCIATED PRESS

Aaron Paul, right, and Vince Gilligan may be teaming up again. INVISION

Gratitude

"I owe him my entire career. And the idea of jumping into the skin of Jesse Pinkman again in his lighter days, because it's all a prequel, it would be fun."

Aaron Paul, actor
On working with Breaking Bad creator Vince Gilligan again

GAS STATION ARTS CENTRE PRESENTS
WPG COMEDY FESTIVAL
April 7 to 13, 2014
VISIT clubmetro.com TO ENTER
TELEVISION GALAS RECORDED BY:
FESTIVAL SPONSOR:
Laugh yourself to death.
TICKETS AVAILABLE AT
www.winnipegcomedyfestival.com
or 204-284-9477
REGISTER AT CLUBMETRO FOR YOUR CHANCE TO WIN
Winnipeg Comedy Festival Tickets
ENTER TODAY AT
clubmetro.com
No purchase necessary. Contest open to residents of the Greater Winnipeg Area, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. Win 1 of 8 pairs of tickets to The Irrelevant Show on April 9th. Skill testing question required. Contest closes March 27, 2013 at 12:59 PM E.S.T. To enter and for complete contest rules visit www.clubmetro.com

One woman's modern take on Middlemarch

Rebecca Mead. New memoir chronicles the effect the classic George Eliot novel has had on a New York writer's life

Writer Rebecca Mead. COURTESY ELIZABETH PROCHNIK

George Eliot's Middlemarch may have been published almost 150 years ago, but it's suddenly having a moment thanks to New Yorker writer Rebecca Mead.

Mead's new memoir, My Life in Middlemarch, examines how the classic novel has affected her life. In the process, it appears to have drawn new readers to Eliot's masterpiece.

"One of the happy side effects of writing this book for me is that it's leading people to read Middlemarch who haven't read it," Mead said in a recent interview, noting that Eliot's weighty tome is suddenly a hot seller on Amazon.

"I hope that you'll read Middlemarch (after reading my book), or that you'll want to."

Eliot's sprawling tale, which touches on themes of marriage, money and idealism, first made an impact on Mead when she was a 17-year-old growing up in England. At the time, she was drawn to the character of the young gentlewoman Dorothea Brooke.

"She wants to have a more significant life. She wants an intellectual life. She doesn't really know what she wants but she knows she wants something more than just marrying the baronet next door," said Mead, 47.

"And I was trying my hardest to get out of my provincial town, trying to get into Oxford University when nobody in my family had ever gone before ... this character who wants something similar spoke to me very, very vividly."

In her 20s, when Mead was living in New York City, working as a journalist and wondering if she would get married, a re-reading of Middlemarch had her pondering the relationships in the novel.

Later on in her career when she revisited Eliot's book, she found herself relating to the character of Tertius Lydgate, an aspiring doctor who ultimately compromises his professional ideals.

"That story of how can it all go wrong and how can you lose your ideals.... You wanted to cure cancer and you end up shooting Botox into rich ladies," Mead said with a laugh.

As her 40s hit, Mead said, Middlemarch struck a chord in terms of "the resignation and limitations that you start to feel settling in upon you when you are entering middle age and thinking of things you have not done and are never going to do."

Such personal revelations are traced in My Life in Middlemarch, although it is by no means a tell-all memoir.

"I didn't know how much memoir there was going to be until I was writing it, what balance would feel (right)," said Mead.

"It takes a certain kind of leap of confidence or 'not caring' to reach a point where you say: 'All right, I'm going to write about me and my life ... and I've spent 20, 25 years writing about people who aren't me ... so there was something to get over in that undertaking. But once I did it, it was really fun."

Love of literature

"One of the happy side effects of writing this book for me is that it's leading people to read Middlemarch who haven't read it."

Writer Rebecca Mead on her new memoir My Life in Middlemarch

While it may seem like a leap of faith to write a memoir about a meaty classic novel in an era of dwindling book sales and reduced attention spans, Mead still believes there are a lot of avid readers in the world.

And she's hoping her memoir may bring a few of them to Eliot, who she believes, deserves the kind of respect popular culture has recently afforded to Jane Austen.

"(Eliot) is at one time widely acknowledged to have written what may be the best novel in the English language ... but I think people who love her and people who love this book ... we feel a little bit as though she's not appreciated as much as she should be," said Mead.

"For anybody that has loved Jane Austen, she's like a gateway drug.... (Eliot is) the next step for anyone who loves that kind of thing but doesn't know where to go next." THE CANADIAN PRESS

Norma Bates' family may be troubled, but Vera Farmiga is doing just fine

Bates Motel. Farmiga dishes on season two, Freddie Highmore and her children

Vera Farmiga, of Bates Motel, with Freddie Highmore, who plays her son on the show. MATT SAYLES/INVISION/THE ASSOCIATED PRESS FILE

In the television show Bates Motel, Vera Farmiga's character has a dysfunctional relationship with her future serial killer son Norman, played by Freddie Highmore. In reality, Farmiga says, she and Highmore share a much healthier bond: He's even her child's godfather.

Farmiga said Highmore immediately bonded with five-year-old Fynn in Vancouver, where Bates Motel is filmed and Farmiga and her family moved for the duration of the series. The Oscar-nominated actress said Highmore, whose family is in London, has become something of a surrogate son himself, playing swords and Legos with Fynn on the weekends.

Farmiga, who also has a three-year-old daughter with her husband, musician Renn Hawkey, said Highmore has become such a fixture in Fynn's life that she and her husband decided it's "a relationship that deserves the title."

On screen, though, the relationship will not go as smoothly between Farmiga's character, Norma Bates, and her son in season two of A&E's modern-day Psycho prequel. Farmiga says Norma seems optimistic at the start of the season despite the violent and deadly encounters of season one, her reveal that she was sexually abused as a child and the question of whether Norman murdered his high school teacher.

"At the beginning of season two, she thinks she's got her neuroses under control," Farmiga said in a recent interview.

Norma is also open to romance again, with Michael Vartan (Alias) joining the show as her love interest.

Norma, the actress said, doesn't think she has any choice but to persevere.

"You're a single mother of this child that you feel is potentially unraveling," she said of Norman, who maintains his newfound interest in taxidermy in the hotel basement.

Anyone familiar with Psycho knows this is a story that doesn't end well, and Farmiga said despite Norma's attempt to put a positive spin on their lives, the situation quickly worsens. Farmiga said the teacher's death "is a big source of this orientation and terror for Norman, which in turn Norma will try to sort of solve."

And despite an upturn in business at the Bates Motel, work begins on that pesky bypass road that threatens to divert traffic away and Farmiga noted that "there's still a stigma attached to the property." Ever the optimist, Norma sets out to change people's minds and that means going into the community, and, Farmiga said, "That's going to be challenging for Norma."

THE ASSOCIATED PRESS

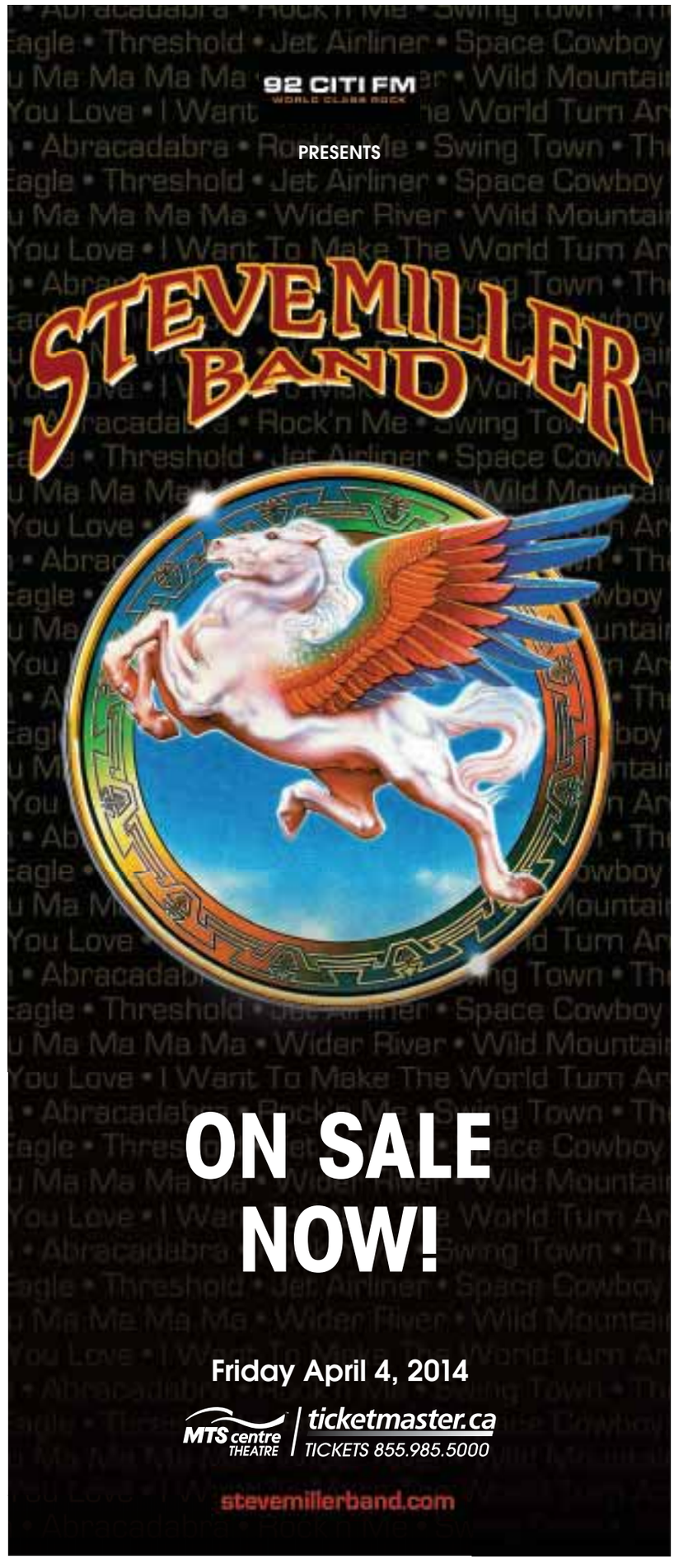
Season two

The second season of Bates Motel premieres Monday at 9 EST on A&E.

Feeling positive

"At the beginning of season two, she thinks she's got her neuroses under control."

Vera Farmiga, star of Bates Motel, on her character's mindset



Mind the App

Flappy Bird receives rock makeover

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Fall Out Bird
iPhone, iPad, Android
Free

Eager to fill the void left by Flappy Bird's untimely demise, pop punk band Fall Out Boy offer this equally repetitive clone featuring the boys and their single Young Volcanoes.

Video game review

Name. Tengami

For. iPhone, iPad

Rated. Everyone

Hidden within this Japanese pop-up book are temples, forests and lighthouses that rise beautifully from mechanical folds as you turn the pages. There's an adventurer travelling between them and it's up to you to open bridges and paths by pulling tabs and turning paper wheels. Intricate puzzles made of lanterns and bells somehow feel solid even as their clues are scrawled between the pages. It replaces story with Haiku, at a pace that is too slow, only finding its best rhythm during agile boat sequences. Hopefully, it's just the beginning. **KRIS ABEL**

3 songs for the weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

These songs are interesting on their own, but they're best when paired with video.

Putin Will Teach You How to Love/ Pussy Riot

Here's the video Pussy Riot was making when they were set upon by whip-bearing Cossacks in Sochi during the Olympics. There will be blood.

Coming Home/ Kaiser Chiefs

Film fans will be interested in how this video was made with a single long tracking shot. How many takes did they need? The new album, Education, Education, Education & War will be out April 1.

But Blood/ Hockeysmith

Fuzzy, blurry and buzzy single featuring alternating voices from two sisters from Cornwall, England, who live together in a trailer somewhere. Intoxicating.

Oscar nominated

Shocked Pharrell ever so Happy as song hits No. 1

Calling Pharrell's current state, happy, might be an understatement.

The producer-rapper-singer's tune Happy is nominated for best original song at Sunday's Oscars. Days ahead, the upbeat anthem has climbed to No. 1 on the Billboard Hot 100 chart.

Pharrell says he's "ever so grateful" and "it's pretty crazy." The 40-year-old adds: "It's really awesome and I'm still shocked."

Happy is from the Despicable Me 2 soundtrack and will appear on Pharrell's new album, GIRL, out Monday. The hitmaker says he's prepping for his performance Sunday, and he "just intends to have fun with it." Pharrell also topped the Hot 100 chart as a featured act on Robin Thicke's Blurred Lines, Snoop Dogg's Drop It Like It's Hot and Ludacris' Money Maker. **THE ASSOCIATED PRESS**

Land a new leading role.

Along with the best supporting cast in the business to help you get noticed, we also offer the best advice and tools to ensure you steal the spotlight. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending January 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

David Arquette ALL PHOTOS GETTY IMAGES

Arquette wants his son to be a space cadet, but that doesn't fly with mom-to-be

There's one name David Arquette's expectant girlfriend will not allow for their baby boy: Astro. Arquette and TV personality Christina McLarty have a baby due in May, and the actor offered up his choice of name, only to have it dismissed.

"I did want to name him Astro," Arquette said in a recent interview. The actor said he thought Astro Arquette was an amazing name. But, he said, it just "didn't fly" with McLarty. Arquette said his 10-year-old daughter Coco — with ex-wife Courtney Cox — is excited about the arrival of her baby brother. The actor said the one thing Coco is insisting is that the baby "absolutely worships" her.

He also said his daughter is already poised to follow in his parents' show business footsteps. "Coco loves acting herself and she loves the fact that we do what we do," said Arquette, who also pointed out that his daughter loves singing. "So, I think she's pretty much exactly how all of us on my side of the family were raised: in it essentially."

The actor's Emmy-winning sister, Patricia, said in a 2009 interview that their father, mother and grandparents were actors. She said growing up, she and her siblings, Rosanna, Alexis and Richmond were "constantly playing this kind of fantasy, role-playing, emotional games."

They did puppet shows and their parents taught them how to create stories. David Arquette spoke while promoting his TV movie Happy Face Killer about the hunt and capture of Canadian serial killer Keith Jesperson that airs on the Lifetime network on March 1.

THE ASSOCIATED PRESS

No Patton the back for Thicke after MTV grind

There was plenty of outrage about Robin Thicke and Miley Cyrus' aggressively sexual routine at the MTV Video Music Awards back in August, and apparently Paula Patton was among those put off by the grinding and gyrating.

A source tells Us Weekly that the risqué performance left Patton feeling "utterly disrespected" and was a key factor in her decision to separate from Thicke after nine years of marriage. In fact, the pair reportedly got into a screaming match over the stunt.

And while Patton laughed off the incident in interviews, it was apparently only because of Thicke's pleading. "He asked her to help him out as a friend and a wife, and defend him and the performance," a source says. "He begged her to speak out for him and be there for him. She agreed to be the good wife after he begged and pleaded."

Paula Patton

The Word

Girls star Driver tipped to play new Stars Wars VII villain

MELINDA TAUB
Metro World News

Some days, it's good to have a face like a handsome alien. Adam Driver, the Girls star who looks like the love child of sexy and weird, is putting those unconventional good looks to excellent use: He's close to signing a deal to play a villain in the upcoming Star Wars: Episode VII, according to Variety. Sources say his character will be in the vein of Darth Vader.

Apparently, the only holdup was his Girls shooting schedule, but surely Hannah and Marnie's Brooklynite fretting is no match for the power of the Force. Although breathless casting rumours have swirled around just about every Hollywood male since the J.J. Abrams-directed reboot was announced, nothing has been confirmed yet, including for Driver — not by the Star Wars people, anyhow. Driver's co-star and boss Lena Dunham seems pretty sure he's got the job.

"We're VERY proud of Adam Driver re: Star Wars. He's about to rip a hole in da force. Is that a thing? I guess I should see those movies?" she tweeted on Feb. 26.

OK, maybe she's not totally sure, because she followed that up with a second tweet: "I confirm nothing bc I know nothing bc I'm on a plane with my dad! I just like Adam more than almost anyone, and JJ Abrams a whole lot too."

It's a good week for the Girls gang: another one of Driver's co-stars, Allison Williams, just got engaged to boyfriend Ricky Van Veen, who is a co-founder of the comedy website CollegeHumor.

Rihanna

Rihanna's flirty ways keep Drake and Brown guessing — and love triangle intact

Everything old is new again, including the R&B love triangle that is Rihanna, Drake and Chris Brown. Rihanna recently enjoyed a Paris outing with the Canadian rapper, who traded blows with Brown at a New York club in 2012 over what was said to be an argument about her. And Rihanna has reportedly been exchanging text messages with ex-boyfriend Brown, who is still on probation for assaulting her five years ago, according to the NY Post. "Chris started texting Rihanna on her birthday (on Feb. 20), and the two have been sending each other a flurry of texts ever since," a source says. "Friends are freaked out that she's going to start dating him again."

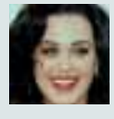
Who's least likely to enter an Oscars pool? His Holiness the Dalai Lama

Sorry, Hollywood, but the Dalai Lama won't be watching you celebrate at the Academy Awards this weekend. The Tibetan spiritual leader admits to the Huffington Post that he hasn't watched a Hollywood film in a long, long time. "In the early period, yes, I watched films. Over the last 20 years, not much," he says. "Looking at the television, like that, I think it's really bad for my eyes. And also, it's a waste of time."

Dalai Lama

Twitter

@mindykaling
Anytime I start thinking I'm cool the smoke detector in my bedroom starts chirping unrelentingly and I have to go sleep in my guest bedroom



@katyperry
Finally you can add "helps delivers babies in living rooms" to my resume! It's been a miracle of a day

@TheEllenShow
Jennifer Lawrence is only 23 and she already has 3 Oscar nominations. When I was 23 I had 3 prison pen-pals.

Liquid Assets

The best wine goes to...

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

For the first time in years I can say I've seen most of the movies nominated for the Best Picture Oscar. Sadly, not one of them speaks to the wine community.

It looks like I'll have to wait until The Billionaire's Vinegar, the story of the world's most expensive bottle of wine, hits theatres. Brad Pitt is set to star.

If you're wondering what my favourite wine movies are, here are my top picks:

Sideways: The brilliant Academy Award winner that made pinot noir a superstar.

Bottle Shock: Upstart Americans take on the French in a sniff, swirl and spit contest that ... well, I won't ruin the ending.

A Good Year: Russell Crowe inherits a French winery in Provence and his ego gets crushed just like his grapes.

Somm: A doc that will have you shedding a tear at the trials and tribulations of becoming a sommelier.

For me, the Oscars are an appetizer event and the refreshing varietal fruit of the Fat Bastard 2012 Chardonnay ($13.46 - $15.99) makes for a food-friendly date to the big show. **PRICES REFLECT RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Nothing cures the winter blues like comfort food. Bestselling Australian chef Donna Hay shows us how, with a hearty slow-roasted lamb recipe from her cookbook Fast, Fresh, Simple.

Fancy with ease: Slow-Cooked Balsamic and Garlic Lamb

This recipe serves four. DONNA HAY

FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

Ingredients

- 1 kg lamb shoulder, on the bone
- 1 1/3 cups (310 ml) balsamic vinegar
- 3 cups (750 ml) chicken stock
- 6 sprigs rosemary
- 8 cloves garlic
- 2 tbsp brown sugar

1. Preheat oven to 140 C (275 F). Place the lamb, vinegar, stock, rosemary, garlic and sugar in a deep baking dish and cover with a tight-fitting lid. Bake for 3 hours.

2. Turn lamb and bake further 2 hours. Remove the lid, increase temperature to 180 C (350 F) and bake for 30 minutes or until the lamb has browned.

3. Remove lamb from pan and keep warm. Pour pan juices over a bowl of ice and quickly remove the ice and the solidified fat with a slotted spoon. Place the pan juices into a small saucepan and bring to the boil.

4. Serve lamb with crispy roasted potatoes, steamed greens and pan juices. **WATCH DONNA HAY FAST, FRESH, SIMPLE MONDAY TO THURSDAY AT 6 P.M. EST ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

GustoTV

Australian chef Donna Hay is one of the great culinary masters airing on GustoTV. One of Canada's newest TV channels, Gusto features cooking and culinary travel shows each night, hosted by chefs and foodies from around the world, as well as here at home. For more details, check your local listings or visit gustotv.com.

Dessert

Standby Brownies

- 150 g butter
- 1 1/4 cups (275 g) caster (superfine) sugar
- 3/4 cup (75 g) cocoa
- 1 tsp vanilla extract
- 3 eggs
- 1/2 cup (75 g) plain (all-purpose) flour

Preheat oven to 160 C (325 F).

Place the butter, sugar and cocoa in a saucepan over low heat and stir until the butter has melted. Spoon into a bowl and add the vanilla and eggs, whisking well.

Sift the flour over the mixture and whisk to combine.

Spoon the mixture into a 20 cm-square cake tin lined with non-stick baking paper.

Bake for 30–35 minutes or until centre is just set. Cool in tin and cut into squares to serve. Makes 16. **DONNA HAY, GUSTOTV.COM**

A simple plan for reupholstery élan

Start with an easy DIY project. Experts say the best way to bigger reupholstery success is by starting small and building your skills

Homeowners who take a do-it-yourself approach to home decor projects should proceed cautiously with reupholstery. Instead of stripping down a couch, experts recommend starting small and simple and progressing to advanced pieces.

Andrea Ford, owner of Re: Style Studio in Toronto, says progression is important to achieve success in bigger, more complicated projects down the road.

"I would start with something like a dining room chair," says Ford. "It's a very basic concept, but one of the things you have to learn with upholstery is how to manipulate the fabric, so a simple chair is an easy place to start."

Ford teaches upholstery workshops through her studio, in addition to weekend classes at Lee Valley Tools locations in the Toronto area. In all sessions she teaches, Ford offers hands-on experience with theory.

While she is able to help homeowners with their individual projects in her studio workshops, she often discourages them from taking on advanced pieces.

"In terms of progression, never start with a wingback chair," she says. "They are difficult not just in terms of fabric pulling and manipulating perspective, but it's a jigsaw puzzle. If you staple things in the wrong order when you're recovering it you may never get it back together.

"You need to have some of that knowledge, and there are a lot of industry techniques that can be hard to learn how to do on your own."

A common mistake when taking on a reupholstery project is choosing the wrong fabric. While there are great options in various fabrics, some materials that are suited for clothing or drapery wouldn't work for upholstery.

"Upholstery fabric works best because it has got a weave. You can pull it in both directions," says Russell. "People will go to a fabric store and see a fabric that they like, but it isn't for upholstery, it's for dressmaking.

"When you try to pull it, it will pull differently side to side, and front to back, and typically upholstery fabric is woven in a way that you can pull it the same way from either direction."

THE CANADIAN PRESS

A custom upholstery piece combining modern fabric with a more traditional frame. RE: STYLE STUDIO/ANDREA FORD/HANDOUT/THE CANADIAN PRESS

Why proper tools are important, too

- The tools Ford recommends for reupholstery include: A staple lifter, small, bent nose, spring-loaded pliers and a pair of work gloves that protect fingertips, palms and knuckles while being pliable.
- Ford and Cam Russell, instructor at Camosun College's fine furniture joinery program in Victoria, recommend using either an electric or pneumatic stapler.
- Making sure fabric is taut and manipulated properly is an integral part of reupholstery. The use of spray adhesive can help secure foam and bonded polyester batting before covering it with fabric.
- "If you wrap your foam in an old unprinted cotton, you're doing the pull with that fabric and when you put your good upholstery fabric on all the hard work is done for you," explains Russell.

Now Open!
The Blue Marble
RESTAURANT & LOUNGE
Featuring Tapas-style cuisine made with local ingredients
Located in the Grand Winnipeg Airport Hotel
Parking in the airport parkade validated
1979 Wellington Avenue | 204.594.1967
VISIT clubmetro.com TO ENTER
WIN DINNER & A NIGHT AT THE GRAND
Contest details: No purchase necessary. Terms and conditions apply.
Full contest details and terms and conditions at clubmetro.com

SHOW & SAVE
DISCOUNT CARD & COUPON BOOK
ONLY $20!
Includes $60 in Savings at
REAL CANADIAN Superstore
big on fresh, low on price.
Plus over $10,000 in money saving coupons!
SPECIAL OFFER!
Buy 2 Books and Get a 3rd Book FREE!*
*Valid only at the Show & Save office. Coupon must be presented at the time of purchase. While quantities last. Not valid with any other offer.
CASH ONLY. Offer expires March 7, 2014.
VISIT clubmetro.com TO ENTER
Enter to win one of over 100 Show & Save Coupon Books!
SHOW & SAVE BOOK OF SAVINGS
WIN GREAT PRIZES!
Unit 216-530 Century Street | 204-477-4216 | www.showandsave.ca

Jets pick up where they left off with shootout win

Jets Olli Jokinen, from left, Blake Wheeler and Jacob Trouba celebrate Wheeler's goal against the Phoenix Coyotes in the first period at MTS Centre on Thursday. The Jets won 3-2 in a shootout. For more coverage, got to metronews.ca. JOHN WOODS/THE CANADIAN PRESS

Ex-Canucks owner ducking testimony

Steve Moore attack.
Lawyer of former player wants John McCaw Jr. to testify if he encouraged Todd Bertuzzi's sucker-punch

The former owner of the Vancouver Canucks should be forced to answer, in front of a jury, if he approved a career-ending sucker punch on Steve Moore, a lawyer for the former NHL player argued in court Thursday.

It's now 10 years after Todd Bertuzzi's infamous hit, and Moore's multi-million-dollar lawsuit is finally approaching a trial. Moore's lawyer, Tim Danson, is asking the Ontario Superior Court to compel John McCaw Jr., who is based in Seattle, to testify in Toronto.

"He just goes on with his life with the incredible privileges of being a billionaire ... while Steve Moore tries to recover from a shattered life," Danson said in court Thursday.

"For him to say, 'I'm not going to come and testify in any capacity' is regrettable. It's regrettable and it defies principles of fairness and justice. For him to simply hide behind his U.S. citizenship and residency given the nature of all of these facts should not be accepted and it's not something the public would accept."

NHL commissioner Gary Bettman and deputy commissioner Bill Daly have voluntarily agreed to testify, Danson said.

Master Ronald Dash, who is hearing the motion, said he would not order McCaw to testify in person at the trial, slated to begin in September, but is considering Danson's alternate request that McCaw testify via video conference.

THE CANADIAN PRESS

Rebuttals

Moore is suing Bertuzzi and the Canucks for $38 million for a 2004 on-ice hit that left Moore, then a Colorado Avalanche player, with a concussion and three fractured vertebrae.

- Moore had hit Markus Naslund weeks earlier, concussing the Canucks' captain.

MLB

Bautista already in flight for Jays

Jose Bautista kept up his torrid start to the spring, hitting two doubles and driving in two runs Thursday that sent the Toronto Blue Jays over the Philadelphia Phillies 7-5.

A day after hitting a long home run against the Phillies in his first at-bat of exhibition play, Bautista had an RBI double in the first inning off Philadelphia ace Cliff Lee.

Bautista finished 2-for-2 with a walk. The former two-time major-league homer champion missed the final six weeks last year because of a hip injury.

Jose Reyes, Brett Lawrie and Melky Cabrera also drove in runs for Toronto.

Darin Ruf and John Mayberry Jr. hit home runs for Philadelphia.

Blue Jays starter R.A. Dickey allowed one unearned run in two innings.

THE ASSOCIATED PRESS

MLB

Jeter farewell tour begins with a dud

Derek Jeter got a partial standing ovation Thursday before hitting into a double play in his first at-bat of the first spring training game of his final season.

The New York Yankees captain, who turns 40 in June, hit a grounder to second off Pittsburgh right-hander Charlie Morton. He swung and missed once, hit three foul balls and grounded into a 4-6-3 double play on a 3-2 pitch.

Jeter grounded out to third on an 0-1 pitch against left-hander Jeff Locke in the fourth.

THE ASSOCIATED PRESS

Bombers re-sign versatile RB Will Ford

The Blue Bombers have re-signed East Division all-star running back Ford.
CHRIS YOUNG/THE CANADIAN PRESS FILE

The Winnipeg Blue Bombers have re-signed East Division all-star running back Will Ford.

Ford ran 113 times for 594 yards and two touchdowns last season. His 70-yard run in an October game at Calgary was the second longest by a running back last season. He finished with 156 rushing yards in that game.

Ford was named the CFL special teams player of the week twice last season, in Weeks 11 and 15. During the Week 11 Banjo Bowl against Saskatchewan, Ford ran back a kickoff 98 yards for a touchdown. Four weeks later he returning another kickoff 100 yards for a touchdown in Calgary.

All over the field

"Will showcased his talent last season when he took on the role of our starting tailback and return specialist."
Blue Bombers GM Kyle Walters

Ford also had seven receptions for 41 yards and one touchdown during the 2013 campaign.

Through two seasons, he has rushed for 727 yards, a 5.3 yard average, and five touchdowns.

"Will showcased his talent last season when he took on the role of our starting tailback and return specialist," general manager Kyle Walters said in a statement. "We are happy to get this deal done and have Will return to our organization in 2014."

THE CANADIAN PRESS

Sports in pictures

1

2

3

1 Soccer. Club and country

Jermain Defoe retained his place in the England squad for the friendly against Denmark despite his impending move to Toronto FC.

THE ASSOCIATED PRESS

2 CFL. Back with Bombers

The Winnipeg Blue Bombers have re-signed East Division all-star running back Will Ford. Ford ran 113 times for 594 yards and two touchdowns last season. THE CANADIAN PRESS

3 NBA. The Jimmer has left the building

The Sacramento Kings and guard Jimmer Fredette have completed a buyout of his contract, clearing the way for the former BYU sensation to become a free agent.

THE ASSOCIATED PRESS

Numbers at issue for Collins in Denver

NBA. Nets centre wearing jersey in honour of slain gay college student

Deron Williams took a moment to snap a few photos of Brooklyn teammate Jason Collins at their shootaround in Portland.

He couldn't help it: The NBA's first openly gay player was surrounded by a throng of cameras and microphones, and at least for the next week or so, Collins will be the face of the Nets wherever they go.

The seven-footer was signed to a 10-day contract on Sunday. He played in a 108-102 victory over the Lakers that night, with two rebounds, five fouls and a steal in just under 11 minutes.

Before Wednesday night's game against the Trail Blazers, Collins said he accepted both the interest and scrutiny that has come with his return to the league.

Brooklyn Nets centre Jason Collins
THE ASSOCIATED PRESS

"I'm back playing basketball, so of course I'm enjoying this," he said.

After Portland, the Nets visit Denver, where the family of slain Wyoming college student Matthew Shepard were expected to make the drive for the game Thursday night against the Nuggets.

Shepard was tortured and murdered in 1998 because he was gay. Collins wears his No. 98 jersey in Shepard's honour. He wants to keep the details of any meeting with Judy Shepard to himself.

"Obviously, it's extremely special and I'm very much looking forward to meeting them," he said.

Collins wore the No. 98 with both the Boston Celtics and the Washington Wizards for Shepard even before coming out.

"We were very touched," Judy Shepard told the New York Daily News about the jersey. "For him to make that tribute to Matt was meaningful to us."

The jersey was already the biggest seller of the day Tuesday on NBAStore.com, and the NBA said it was selling well again Wednesday. The league didn't provide the number of jerseys sold.

THE ASSOCIATED PRESS

More trouble for Tiger

Tiger Woods plays a shot during the first round of the Honda Classic at the PGA National Resort and Spa Thursday in Palm Beach Gardens, Fla. Woods finished the opening round at 71, eight strokes behind leader Rory McIlroy who shot a 7-under 63. SAM GREENWOOD/GETTY IMAGES

MLB. Back from his ban, Braun gives Brewers boost

Back from a lengthy suspension, Ryan Braun quickly displayed some power.

The slugger hit a two-run homer Thursday in his first at-bat for the Milwaukee Brewers since completing a season-ending, 65-game suspension in 2013 for violating Major League Baseball's anti-drug agreement.

In the first inning of Milwaukee's spring opener against Oakland, Braun hit an 0-1 pitch off Tommy Milone high over the wall near the left field corner, 345 feet away. The 2011 NL MVP got a hearty round of cheers, the loudest coming from fans in the dozen rows or so behind the Brewers bench at Phoenix Municipal Stadium, the spring home of the Athletics.

"It's still the first day of spring training. Better to hit the ball hard then to strike out," Braun said. "The goal is to have a gradual progression to prepare myself for the season."

One that promises to have its share of hecklers for Braun, at least at the start. Just before the homer, one fan wearing an A's hat yelled "MVP-E-D."

Milwaukee Brewers' Ryan Braun.
ROB TRINGALI/GETTY IMAGES

Braun took it in stride.

It was Braun's first game in the Brewers' lineup since July 21, 2013. The five-time All-Star accepted a 65-game penalty the next day for his involvement with Biogenesis, a Florida clinic accused of distributing performance-enhancing drugs.

THE ASSOCIATED PRESS

Performance under pressure

"I've never experienced them not yelling at me. They have some new things to yell at me about."

Milwaukee's Ryan Braun explains the fans' reaction to his return to the diamond

At CARSTAR we know your time is valuable. That's why we make it our job to make your accident unhappen. We ensure that your repairs are done right, the first time, and on time. And, the service you receive will be second to none.
Twitter: @carstarmanitoba | Facebook: CARSTAR Manitoba
CARSTAR proudly offers:
• Collision repair
• Auto glass repair & replacement
• MPI accredited
• AIR MILES reward miles*
CARSTAR on Chevrier 475-7193
CARSTAR on Fife 632-7712
CARSTAR on Henderson 338-1551
CARSTAR on Saskatchewan 837-2399
CARSTAR in Stonewall 467-4329
CARSTAR
Collision & Glass Service

Horoscopes

♈ Aries
March 21 - April 20
As mind planet Mercury moves in your favour again today your attitude will change for the better and you will be more upbeat about your hopes. Anything is possible if you want it enough.

♉ Taurus
April 21 - May 21
Keep telling yourself that you have what it takes. If you say it enough, you will start to believe it and when that happens, all sorts of doors will suddenly open to you.

♊ Gemini
May 22 - June 21
If you have something to say you know isn't going to please some people, say it now. Don't worry about the consequences. Your job is to call it as you see it, and you see more clearly than most.

♋ Cancer
June 22 - July 23
Be on the lookout for money-making opportunities but don't go rushing after them the moment you spot them. As Mercury, planet of intellect and communication, turns direct again today you can afford to take your time.

♌ Leo
July 24 - Aug. 23
A loved one will speak their mind today and what they have to say will shock you. You never realized they could be so passionate, or so angry. Well, now you know, so what are you going to do about it?

♍ Virgo
Aug. 24 - Sept. 23
As of today you should find it easier to organize your daily routine and either get rid of or delegate jobs that take up a great deal of your time for very little in the way of rewards.

♎ Libra
Sept. 24 - Oct. 23
News you receive from afar will make you realize that what you've been worrying about in recent weeks is of no real importance. Creatively and romantically, seize the initiative and make things happen.

♏ Scorpio
Oct. 24 - Nov. 22
It may annoy you that someone is saying untrue things. But the best approach is to pretend that you have not noticed and that you agree with every word they say. Then prove them wrong.

♐ Sagittarius
Nov. 23 - Dec. 21
Now that Mercury, planet of communication, is moving in your favour again, you will find it easy to express yourself. But don't let everyone know what is going on in your head.

♑ Capricorn
Dec. 22 - Jan. 20
What seems extraordinary to you may be an everyday occurrence to other people, so let your mind be open to all possibilities. It doesn't, of course, mean you have to agree with them.

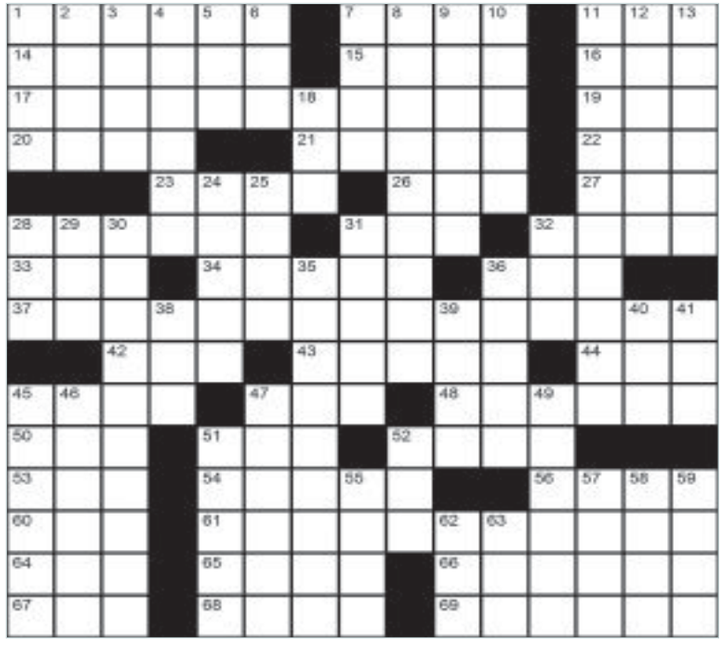
♒ Aquarius
Jan. 21 - Feb. 19
Any self-doubts you have will start to fade today and with luck will be swept away by tomorrow's new moon. People expect you to be positive in your views and don't want to disappoint them.

♓ Pisces
Feb. 20 - March 20
Mercury ends its retrograde phase and your self-belief will soar. With a new moon and a wonderful Sun-Jupiter link over the next 48 hours, this could be one of the best weekends of the year. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

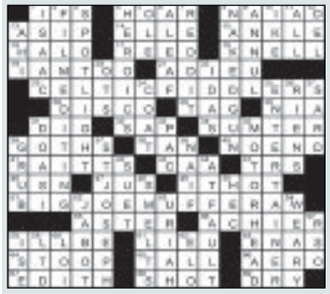
BY KELLY ANN BUCHANAN



Across
1. Sandy site
7. Cross of ancient Egypt
11. Talking Heads tune: "And She __"
14. Four-leaf __
15. Like retro records
16. Sherbrooke 'soul'
17. One-of-the-some who vote on Oscars: acronym + word
19. Till bill
20. Key
21. Traditions
22. Inventor Mr. Whitney
23. Pointing-out word
26. Bar brew
27. Duran Duran hit
28. Merry
31. "__-boom-bah!"
32. Near-not
33. "...man __ _ mouse?"
34. __ __ egg (Give birth, chicken-style)
36. Pres. monogram
37. Montreal-born star who received a Best Actress Oscar nod for her role as Anne Boleyn in "Anne of the Thousand Days" (1969): 2 wds.
42. Choler
43. Truth __
44. Born, fancy-style
45. Cats, for instance
47. '60s hit: "__ My Party"
48. Gymnastics great, Mary Lou __
50. English cathedral town
51. George Harrison's autobiography, _ __ Mine
52. Office-worker's 'about': 2 wds.
53. Klutz
54. After: French
56. Canadian comic Mr. Macdonald
60. Harper Valley org.
61. Movie of 1943 (with Greer Garson in the title role) for which Canadian star Walter Pidgeon was a Best Actor nominee: 2 wds.
64. Worn wreath
65. Oktoberfest drink
66. Martial Art
67. Slip
68. Greek Myth: Charon's river
69. Shoelace-insertion spot

Down
1. Hoodwink
2. __ mater
3. Culture of northeastern Arizona
4. Billy Wilder directed comedy of 1972 starring Jack Lemmon!
5. CV
6. Branch
7. Cartridge, e.g.
8. Easily-figured-out decision
9. Prays at the pew
10. 2014 Best Animated Short Film nominee, "Get a __!"
11. Best Picture winner, "On the __" (1954)
12. Henry Fielding book of 1751
13. Junior opposite
18. 911 respondent
24. Bisect
25. Jai __
28. Treadmill pace
29. USA state
30. Magazine that hosts an annual Oscars party: 2 wds.
31. Keeps
32. Modifying wd.
35. Beatles song
36. Irked individual
38. Hosp. areas
39. Create a CD
40. 2014 Best Actor nominee Mr. DiCaprio
41. Home room
45. Citizenry
46. One who uplifts others with joy, say
47. Bestow
49. Time on the job
51. Poetic feet
52. Philosophy
55. Waters: French
57. Unwritten
58. Ceremony
59. Convene
62. Supplement
63. Small island

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	7				6		
			9	3				1
2					5			8
		2	7		3		8	
	4			1			6	
	3		2		8	5		
8			4					6
9				5	7			
		3				1	9	

Yesterday's Sudoku

4	8	7	2	1	9	3	6	5
1	2	6	3	8	5	7	4	9
9	5	3	7	6	4	1	2	8
3	7	8	1	2	6	5	9	4
2	1	5	9	4	3	8	7	6
6	4	9	8	5	7	2	3	1
7	6	4	5	3	8	9	1	2
8	3	2	6	9	1	4	5	7
5	9	1	4	7	2	6	8	3

Weather

TODAY	SATURDAY	SUNDAY
MAX: -24° MIN: -37°	MAX: -25° MIN: -32°	MAX: -20° MIN: -23°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Conditions apply. Ex: Winnipeg. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

We'll get you there on time & in Style
London Limos Winnipeg
1595 Erin St., Winnipeg
(204) 488-9590 1-800-268-5816 londonlimos.ca
Stretch SUV's, Limos, Executive Car, Van Service and Limo Bus

WHISPERING PINES

ADDICTION TREATMENT CENTRE

112 Beach Road East, Teulon, MB 204-886-3580

www.WhisperingPine.ca

BARLEY BROTHERS

presents

72 REASONS TO BRAVE THE COLD

FOR BARLEY BROTHERS
Barley Brothers Road Trip
Aunty's Amber
The Bad Batch

IPA / IIPA
Typically smell and taste of hops, Gold to amber in colour
Heelch O' Hops
Loki
Switchback
Yakima
Runaway
Hop Ottin
Mad Tom
Twice as Mad
Hops & Robbers
Hoptimus Prime
Head Stock
Brockton IPA
Little Scrapper
Total Eclipse of the hops
606
I'm so freaking hoppy

SPICED BEERS
Brewed with spices and fruit to add character to the beer.
Kitsilano Maple Cream Ale

PILSNERS
Type of lager originally from the Bavarian town of Pilsen.
Czech Mate
Eastern Promises
Frontier 1932

WHEAT / WHITE / WEISS
Brewed with a large portion of wheat. Cloudy, golden colour.
Whitecap Wheat Ale

MARZEN
Style varies in all aspects. Taste, colour, nose and body.
Red Hammer

AMERICAN PALE ALE
Derived from the English bitter. With bitterness and balanced malts.
Naughty Neighbour
Chupacabras

STOUT / OATMEAL STOUT
Dark with creamy full body. Coffee & chocolate present.
Imperial Stout
Heartstopper
Wild Turkey Barrel Aged
Blackjack
Stir Stick Stout
Diamond Head
Megadestroyer Licorice Stout

AMBER/BROWN/RUDY
Slightly more flavourful than pale ales.
Breckle's Brown
Warthog Ale
Rail Ale Nut Brown
Boont Amber Ale
Fort Garry Rouge
Firehouse Amber

LAGER
Light in colour, taste and body.
Boston Lager
Fort Garry Light
Reading
Island Lager

PALE ALES
Light in colour and flavour. Usually more flavour than lagers.
Liberty Ale
Anchor Steam
Cream Ale
St. James Pale Ale
Sultana Gold
Fort Garry Pale Ale

BITTER
English term for Pale Ale, Slightly darker and richer than pale ales.
Blood Alley Bitter
Fowl Mouth
Big Bison Bitter

SCOTTISH ALES
Strong ales. Copper to brown colour. Sweeter and full bodied.
60 Shilling
Scottish Heavy Ale
Wee Angry Scotch Ale

DARK ALE
Dark in colour. Usually lighter in flavour than porters or stouts.
Fort Garry Dark
Gathering Storm

CIDER
It's apple cider, what do you want from us?
Rock Creek

BOCK DARK
German lager with malty flavours.
Asam Bock

PORTER
Darker in colour. Heavier, with roasted chocolate notes.
Anchor Porter
Black Death
St. Nicks Spiced Porter
Maple Porter
London Porter

RAUCHBIER
Distinct smoke flavour imparted by using barley dried over an open flame.
Aecht Rauchbier Marzen

SAISON
Ales traced back to French farmhouse breweries.
Saison de la centure fléchée

RYE ALE
Beers containing a notable amount of rye grains.
Low Rider

Don't forget your Beer Passport!

655 EMPRESS ST. | WINNIPEG, MB R3G 3P7 | 204-772-BEER (3227) | WWW.BARLEYBROTHERS.CA